



National Center for
PTSD

POSTTRAUMATIC STRESS DISORDER

**BOSTON
UNIVERSITY**

VA Boston
Healthcare System

Clinical considerations for treating PTSD and co-occurring minority stress among LGBTQ individuals

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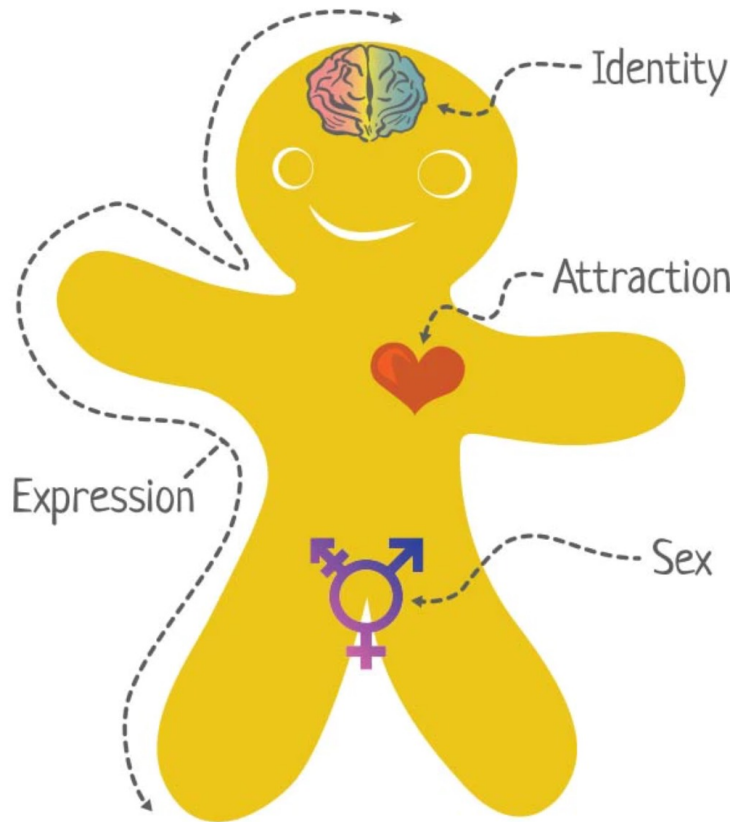
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1. Terms to Know
2. Trauma, Minority Stress, and Health Disparities
3. Screening and Assessment
4. Treatment Considerations and Recommendations



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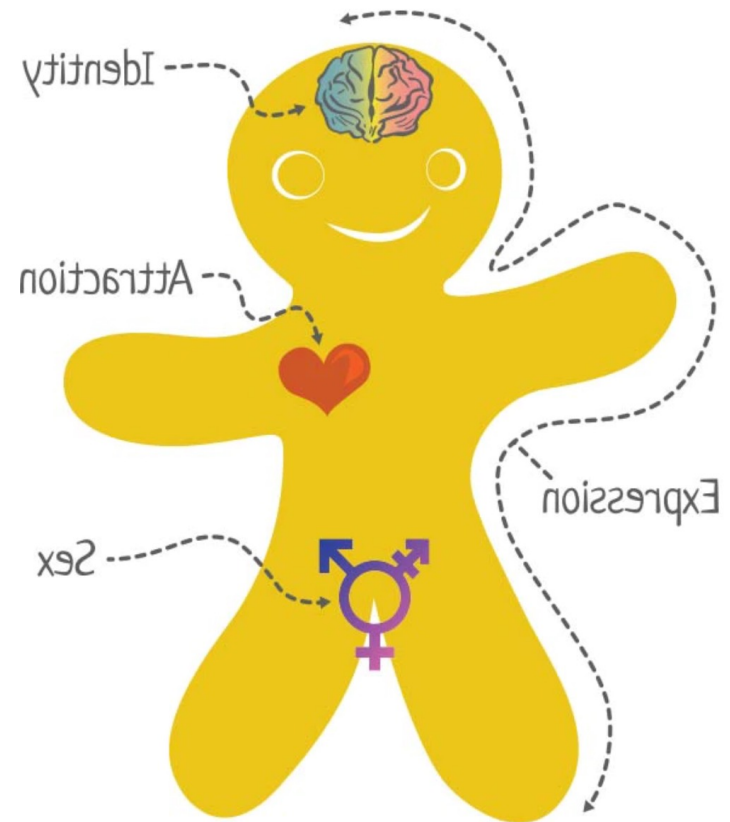


- **Sex**
- **Gender**
 - **Gender identity**
 - Cisgender (sex, gender align)
 - transgender
 - Trans*
 - FtM/MtF
 - Gender diverse
 - Non-binary
 - Gender fluid
 - **Gender expression (aka “performance”)**
- **Sexual orientation**
 - Sexual identity
 - Sexual vs. romantic attraction
 - Sexual behavior

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SGM individuals in the military

- VA largest HCS
- **1 in 5** (or more) transgender individuals have served in the military, compared to **1 in 10**

Blosnich, Brown, Shipherd, Kauth, Piegari, Bossarte, 2013; Flentje, Livingston, Roley, & Sorensen, 2015; Flentje, Livingston, Sorensen, 2016; Heck, Mirabito, LeMaire, Livingston, & Flentje, 2017; Flentje, Bacca, & Cochran, 2015

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Elevated Risk for...

- **Trauma exposure**, including physical/sexual violence in childhood and adulthood
- **Substance use**
- **Depression, PTSD**, other mental health outcomes
- **Medical concerns** and physical complaints (e.g., chronic pain)
- **Co-occurring conditions** (and more complex)
- Increased risk for **suicide**

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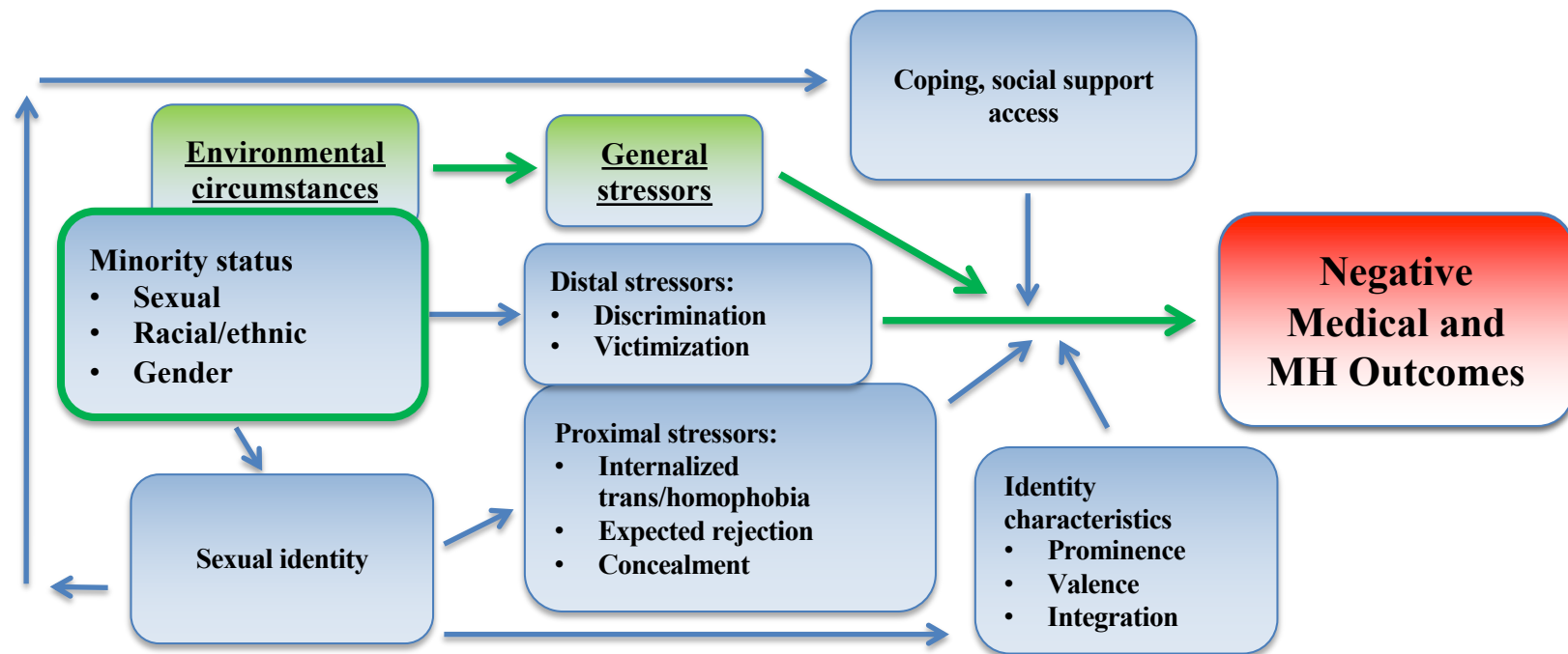
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Demographics	Total	Non-sexual Minority	Sexual Minority
	N=463,412	N=347,559	N=115,853
Mental Health Related Conditions/Behaviors*			
PTSD			
No	339,418 (73.2%)	274,907 (79.1%)	64,511 (55.7%)
Yes	123,994 (26.8%)	72,652 (20.9%)	51,342 (44.3%)
Depression			
No	230,901 (49.8%)	206,427 (59.4%)	24,474 (21.1%)
Yes	232,511 (50.2%)	141,132 (40.6%)	91,379 (78.9%)
Schizophrenia			
No	446,646 (96.4%)	341,102 (98.1%)	105,544 (91.1%)
Yes	16,766 (3.6%)	6,457 (1.9%)	10,309 (8.9%)
Bipolar disorder			
No	417,763 (90.1%)	327,992 (94.4%)	89,771 (77.5%)
Yes	45,649 (9.9%)	19,567 (5.6%)	26,082 (22.5%)
Military sexual trauma			
No	362,764 (78.3%)	272,927 (78.5%)	89,837 (77.5%)
Yes	52,722 (11.4%)	28,728 (8.3%)	23,994 (20.7%)
Decline to answer	640 (0.1%)	509 (0.1%)	131 (0.1%)
Unknown	47,286 (10.2%)	45,395 (13.1%)	1,891 (1.6%)
Smoking			
Current/former smoker	244,097 (52.7%)	169,992 (48.9%)	74,105 (64.0%)
Never smoker	164,205 (35.4%)	125,851 (36.2%)	38,354 (33.1%)
Unknown	55,110 (11.9%)	51,716 (14.9%)	3,394 (2.9%)
Non-alcohol drug dependency			
No	406,028 (87.6%)	321,220 (92.4%)	84,808 (73.2%)
Yes	57,384 (12.4%)	26,339 (7.6%)	31,045 (26.8%)
Alcohol dependency			
No	356,118 (76.8%)	286,711 (82.5%)	69,407 (59.9%)
Yes	107,294 (23.2%)	60,848 (17.5%)	46,446 (40.1%)

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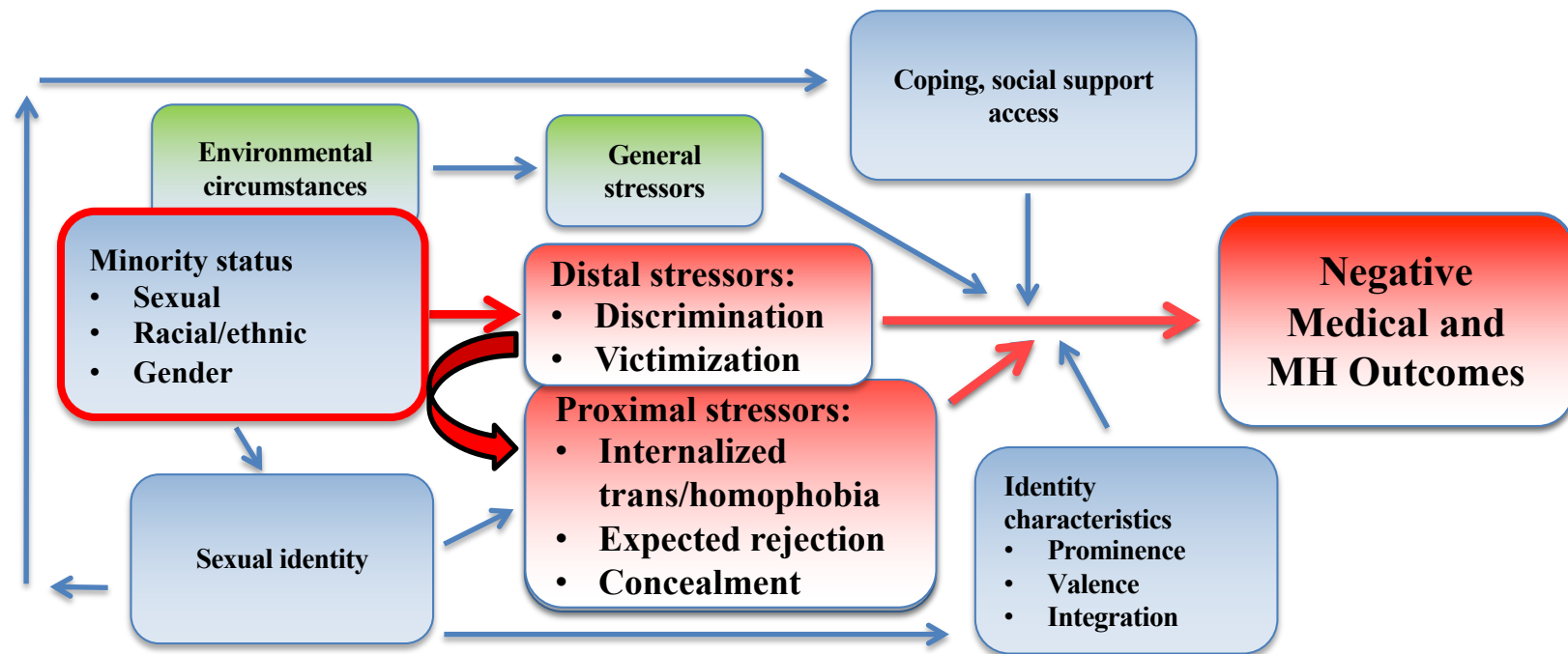
Meyer's Minority stress model (2003)



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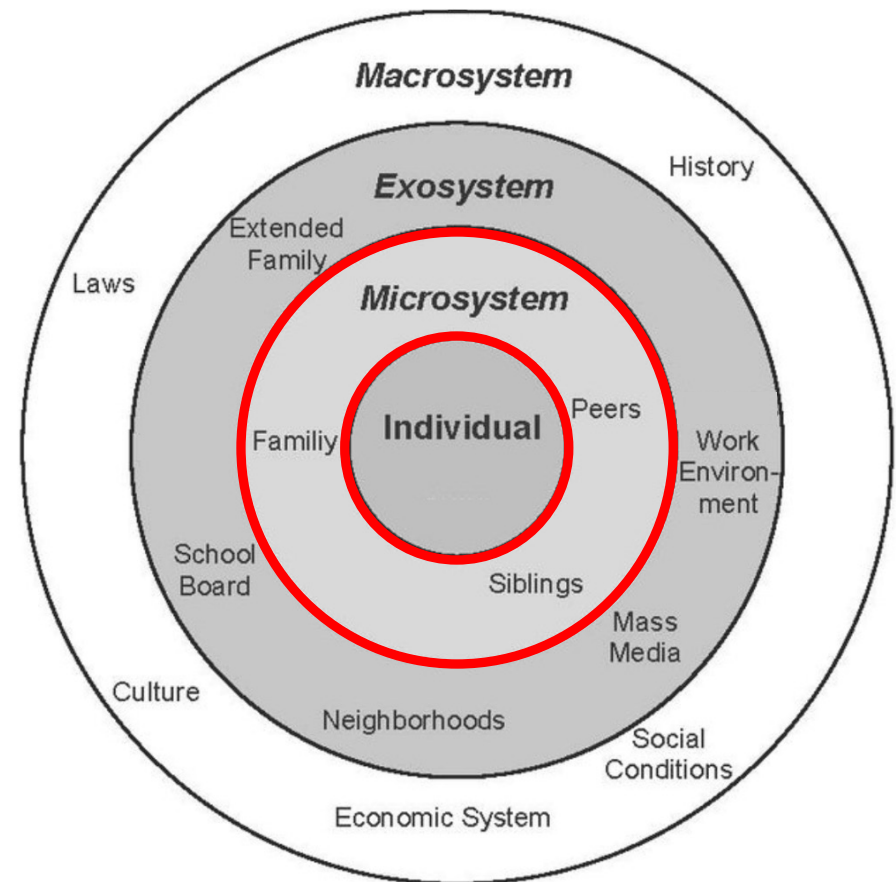
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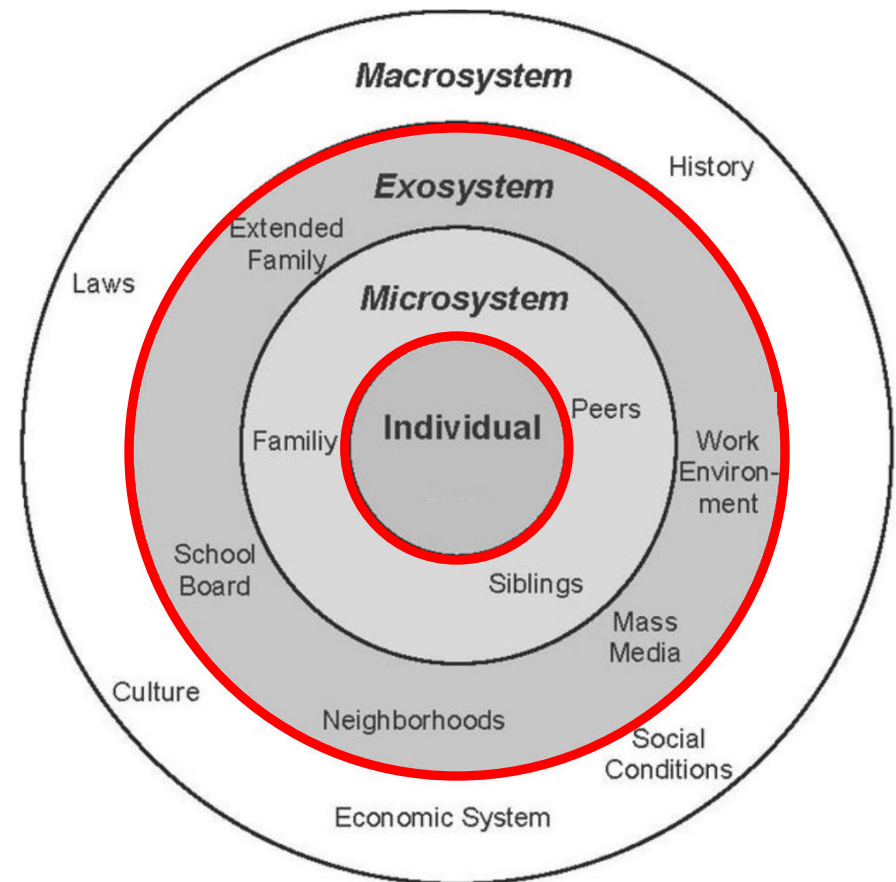


Bronfenbrenner, 1992; Gleason, Livingston, Peters, Oost, Reely, & Cochran, 2016; Flentje, Livingston, Sorensen, 2016; Flentje, Livingston, Roley, & Sorensen, 2015; Heck, Livingston, Flentje, Oost, Stewart, & Cochran, 2014; Livingston et al., 2015; Livingston, 2017; Livingston, Christiansen, & Cochran, 2016; ¹Livingston, Oost, Heck, & Cochran, 2015; Livingston et al., 2017

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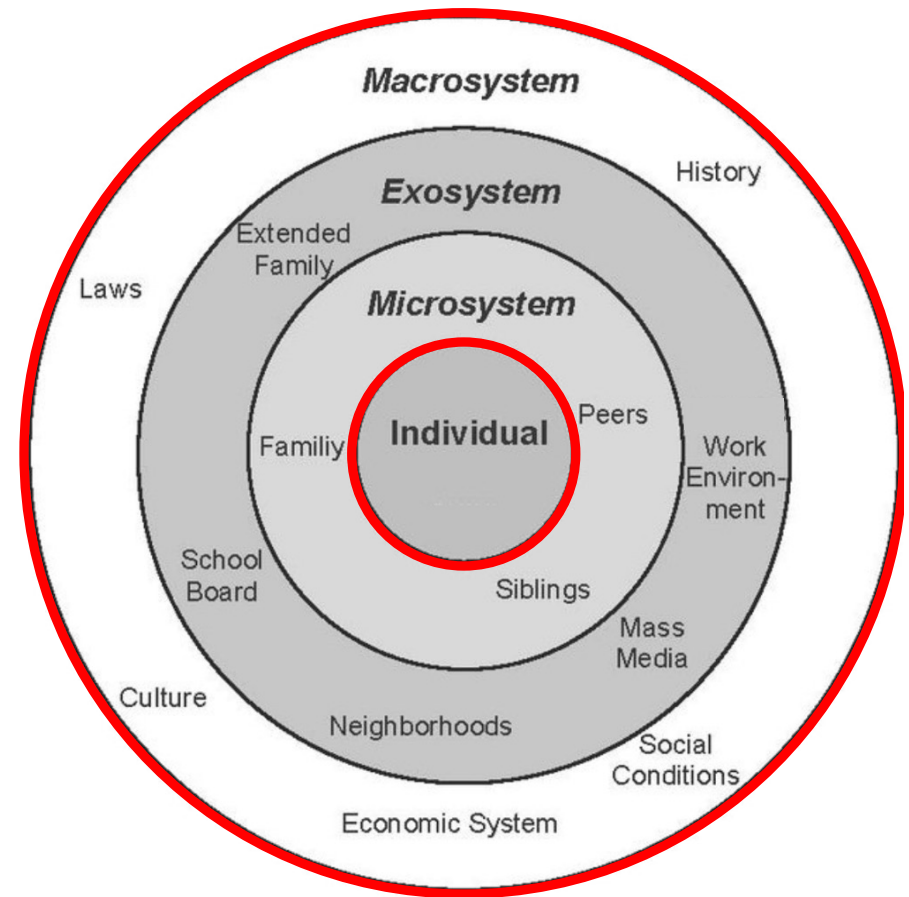


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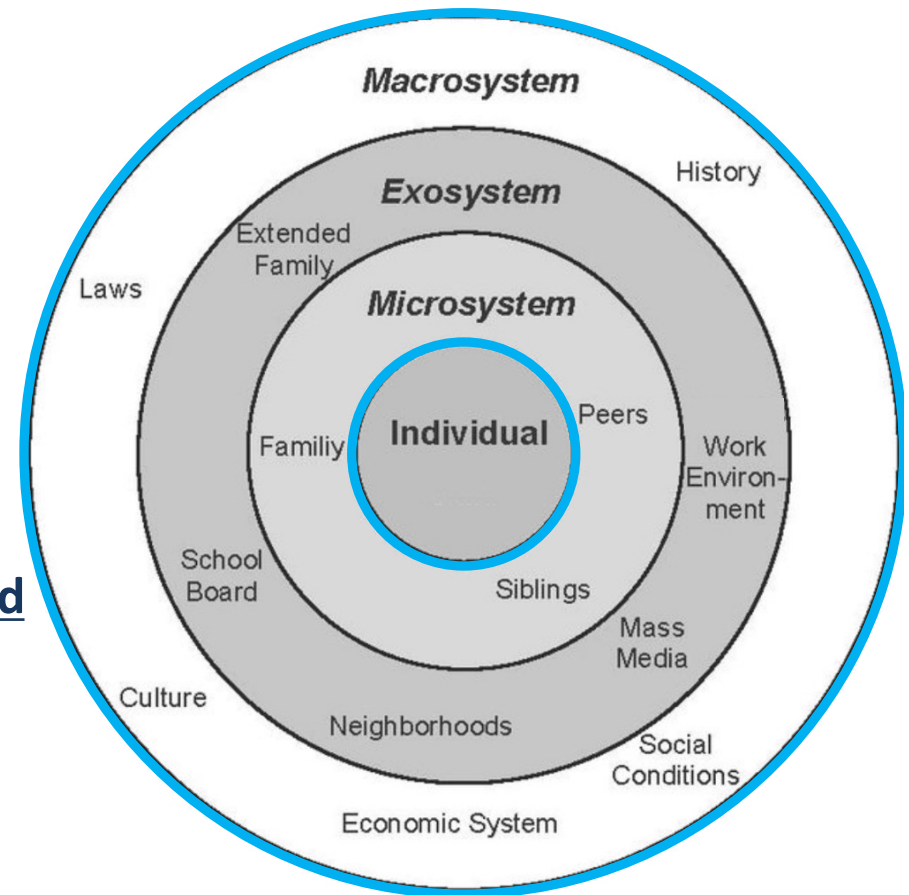


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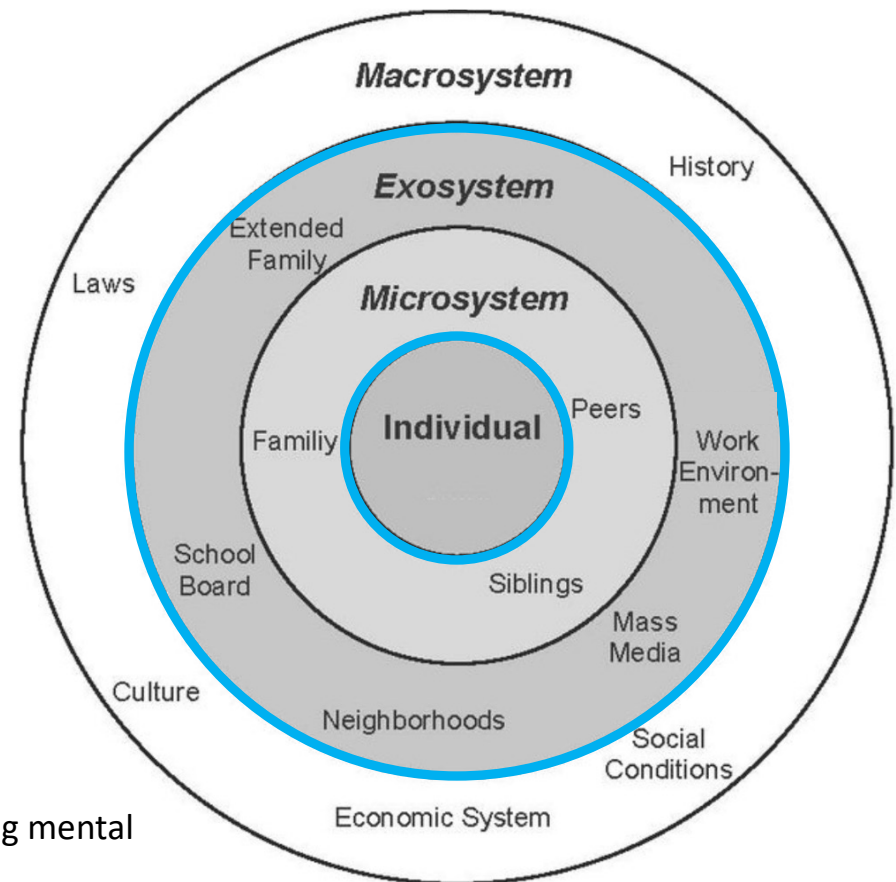
- **Microsystem:** Immediate family, friends, fellow service members, healthcare providers
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- **Macrosystem:** Culture, laws, policies (DADT)
 - Leverage OUR positions to educate and advocate
 - Empower and fortify patients to advocate



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- **Microsystem:** Immediate family, friends, fellow service members, healthcare providers
- **Exosystem:** Local community, healthcare settings, extended family, schools
 - Support community connectedness
 - Create, maintain, and maximize inclusivity in our clinics

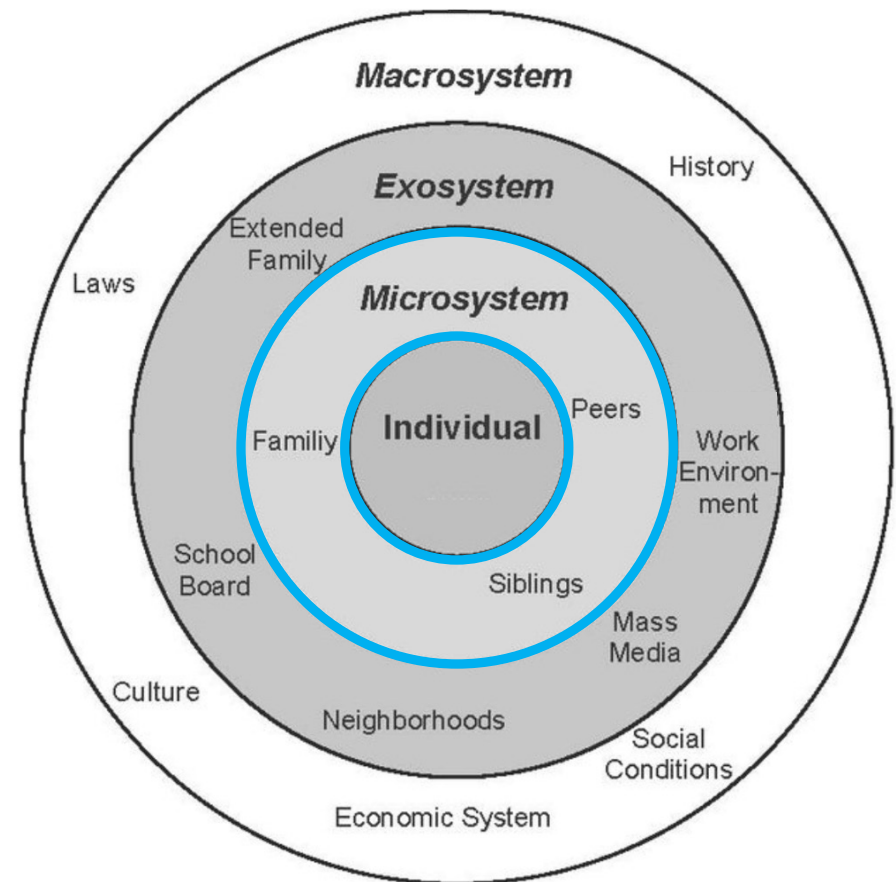


Cochran, B. N., Reed, O. M., & Gleason, H. A. (2018). Providing a welcoming environment. In M. R. Kauth, & J. C. Shipherd (Eds.), *Adult transgender care: An interdisciplinary approach for training mental health professionals* (pp. 44–60). New York, NY: Routledge.

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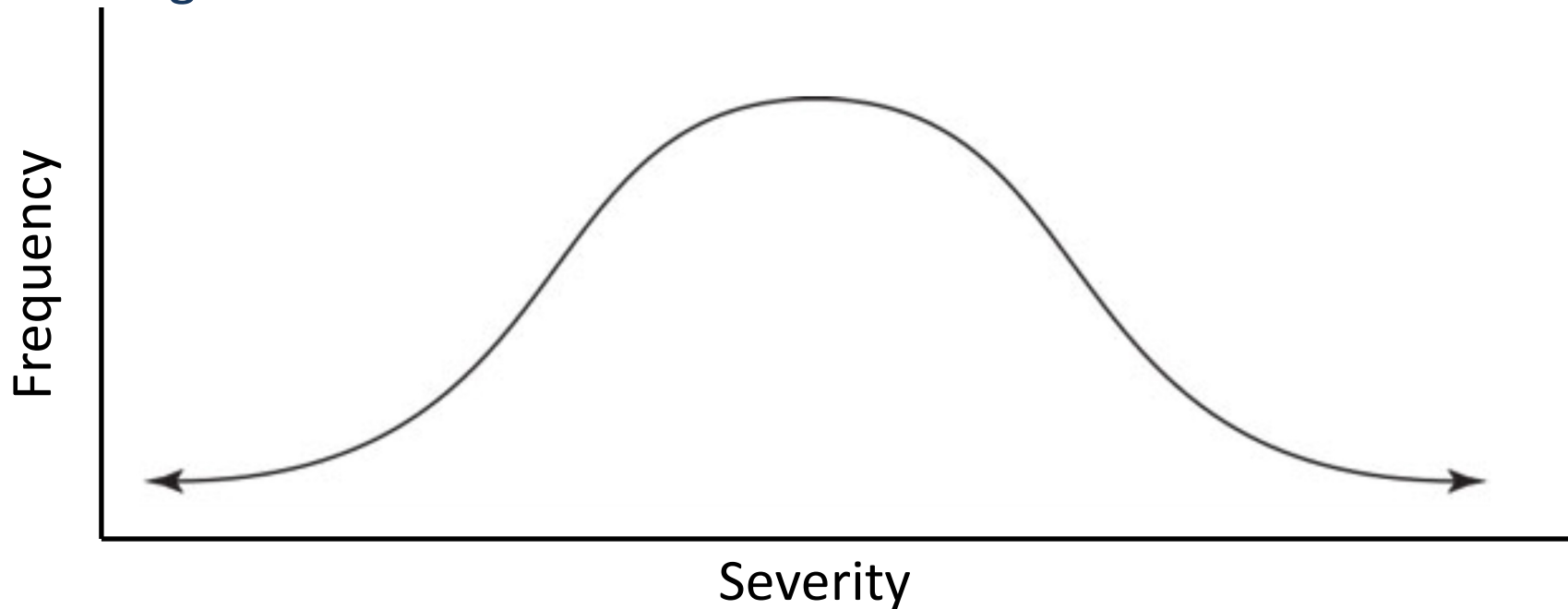
- **Microsystem:** Immediate family, friends, fellow service members, healthcare providers
 - Educate yourself on SGM concerns and care
 - Good patient-provider communication



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- **Microaggressions** – brief, common, and *often* subtle slights or indignities

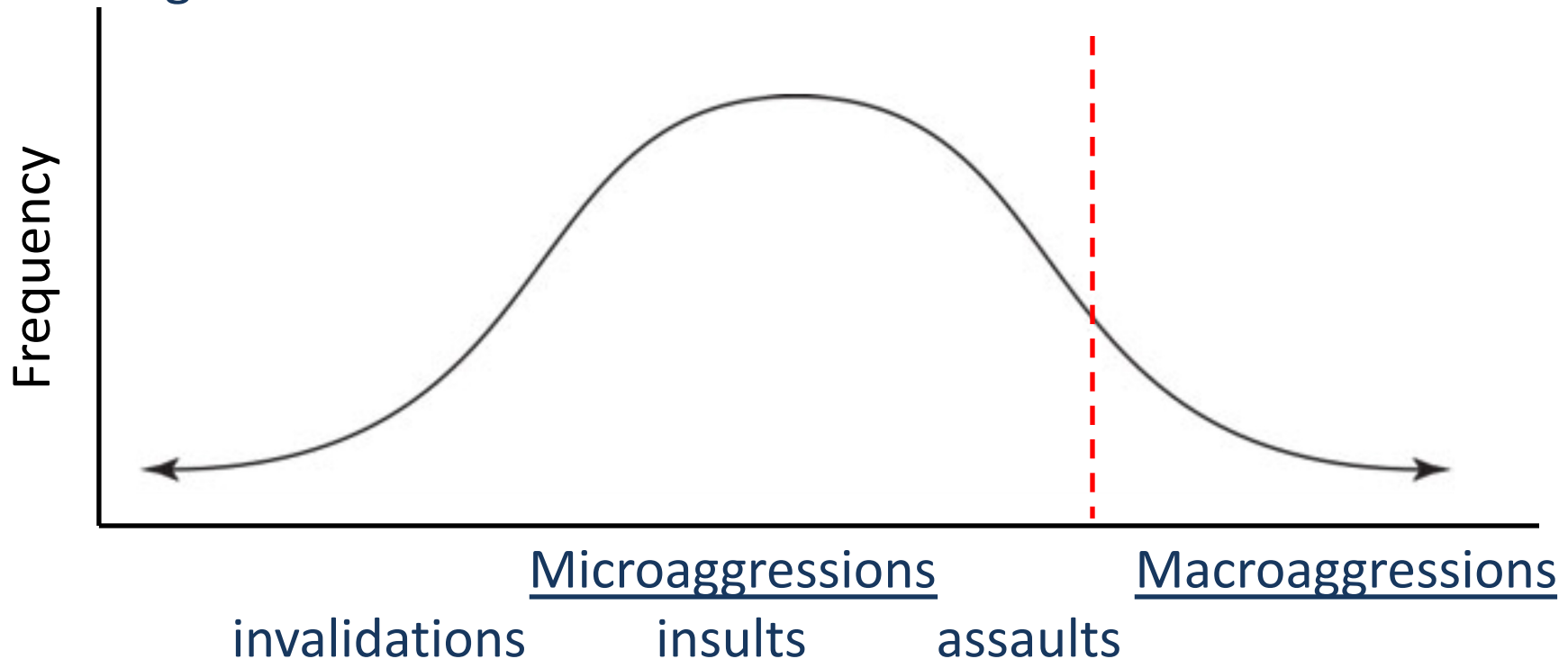


Livingston, Flentje, Heck, Szalda-Petree, & Cochran, 2017;
Livingston, Flentje, Brennan, Mereish, Reed, & Cochran, 2020

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 - Depression
 - Anxiety
 - Alcohol and illicit drug use

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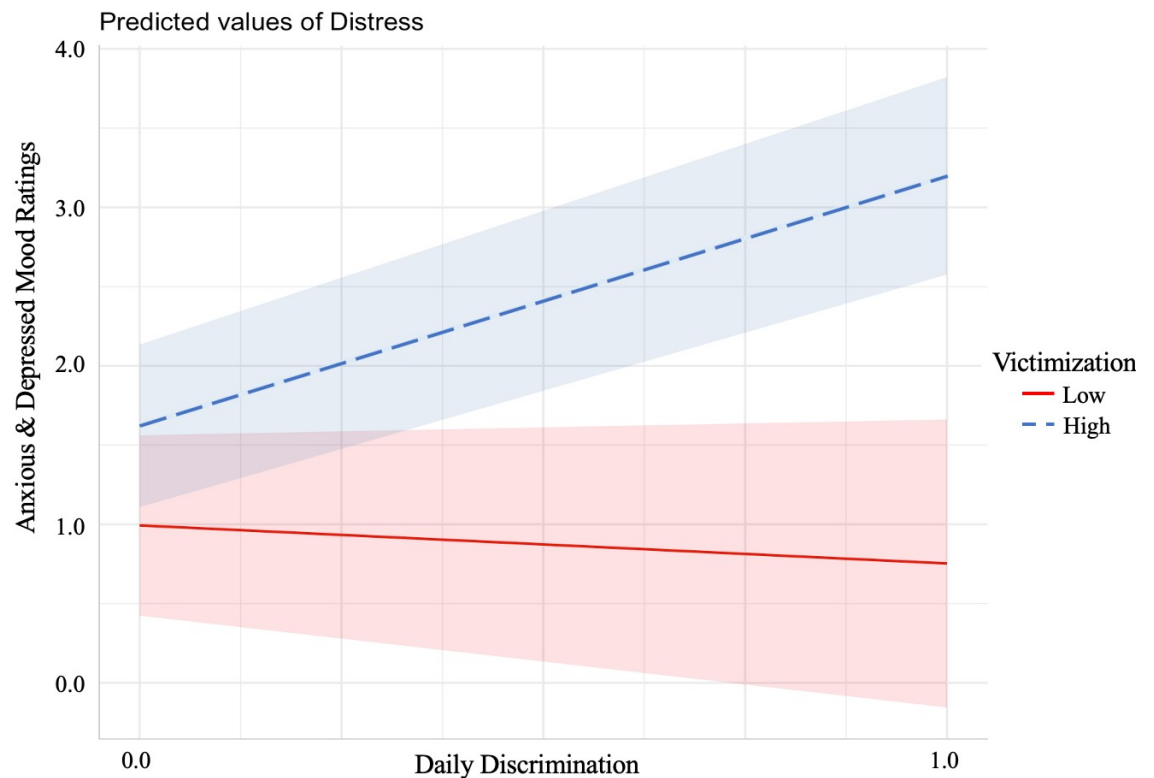
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→ **Depression**

→ **Anxiety**

→ **Alcohol and illicit drug use**

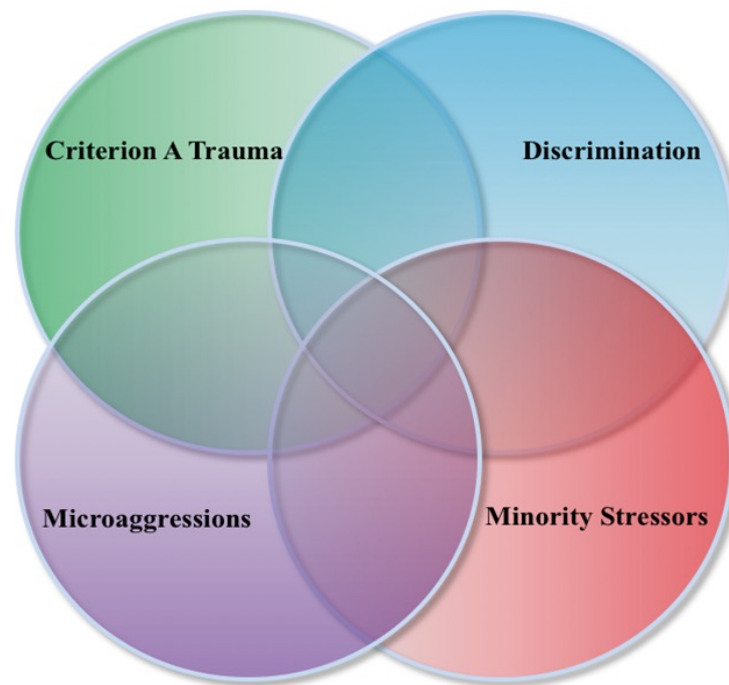
...And especially among SGM individuals with previous victimization exposure ...



Livingston, Flentje, Heck, Szalda-Petree, & Cochran, 2017;
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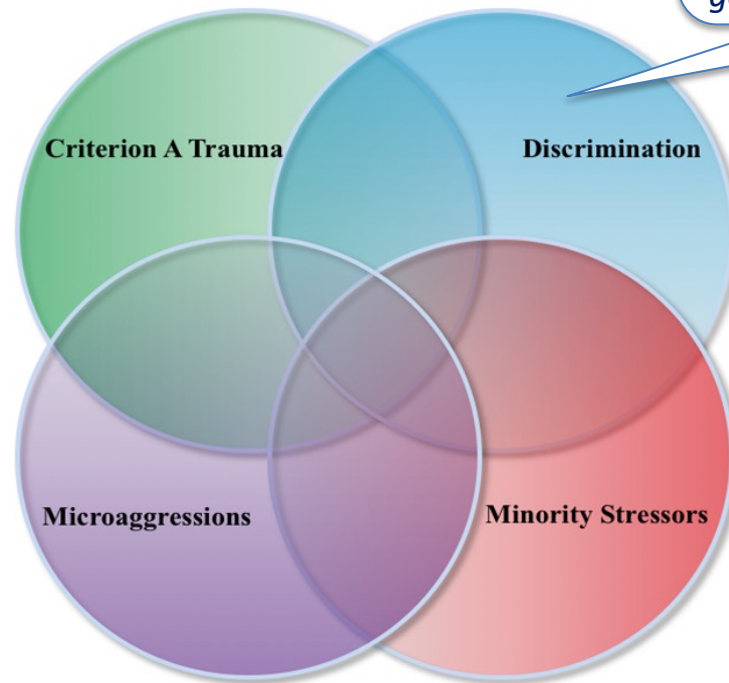


Livingston, Berke, Ruben, Matza, & Shipherd, 2019
Shipherd, Berke, & Livingston, 2019

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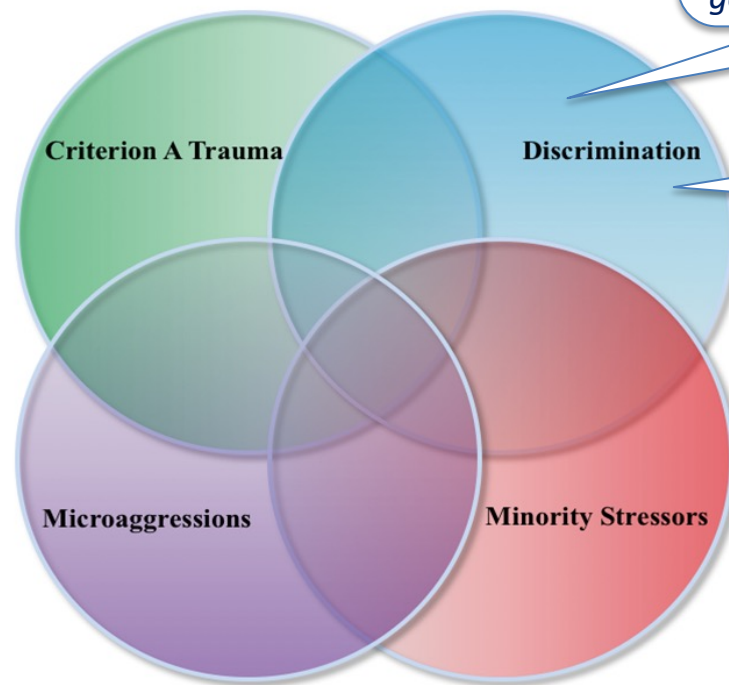
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“...They charged me with a violation of AR-635-89, which is homosexuality. I had to defend myself in ‘The United States of America versus’ and my name.’ I got a general discharge.”



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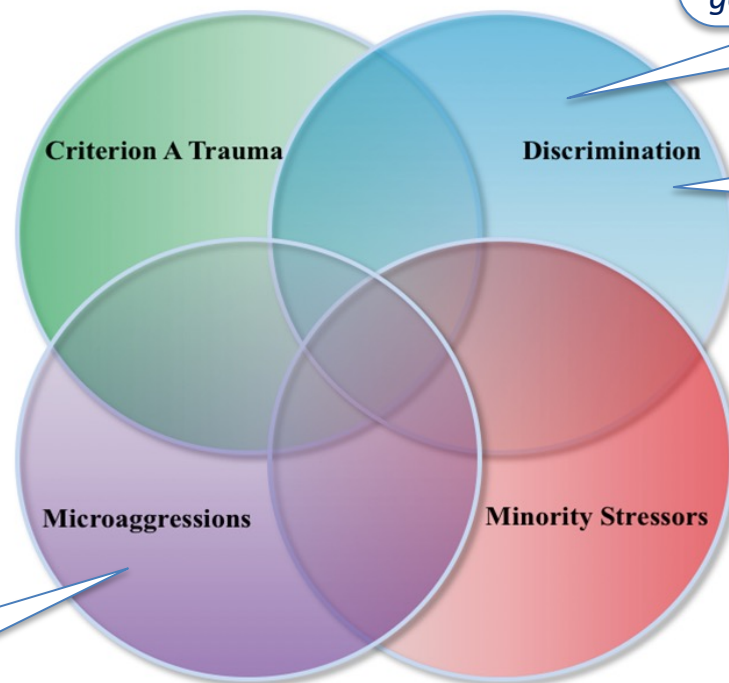


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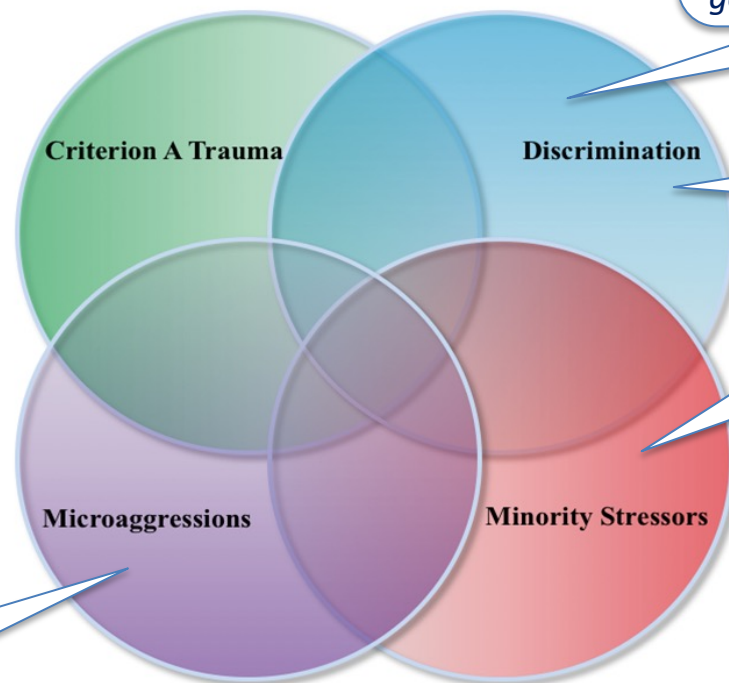
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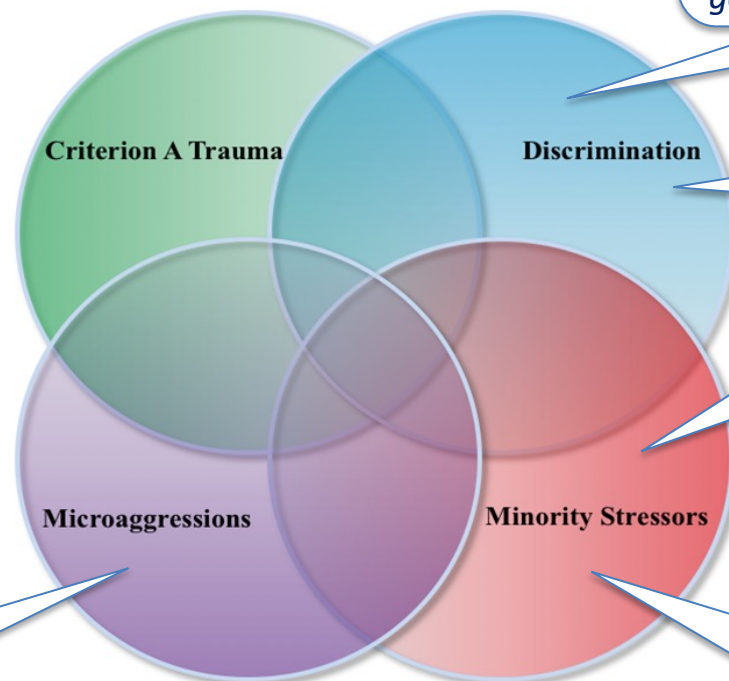
“I was denied admission into a residential SUD treatment program because of my gender identity”

“I had my straight clean life that I was living simultaneously with a gay drug life....”

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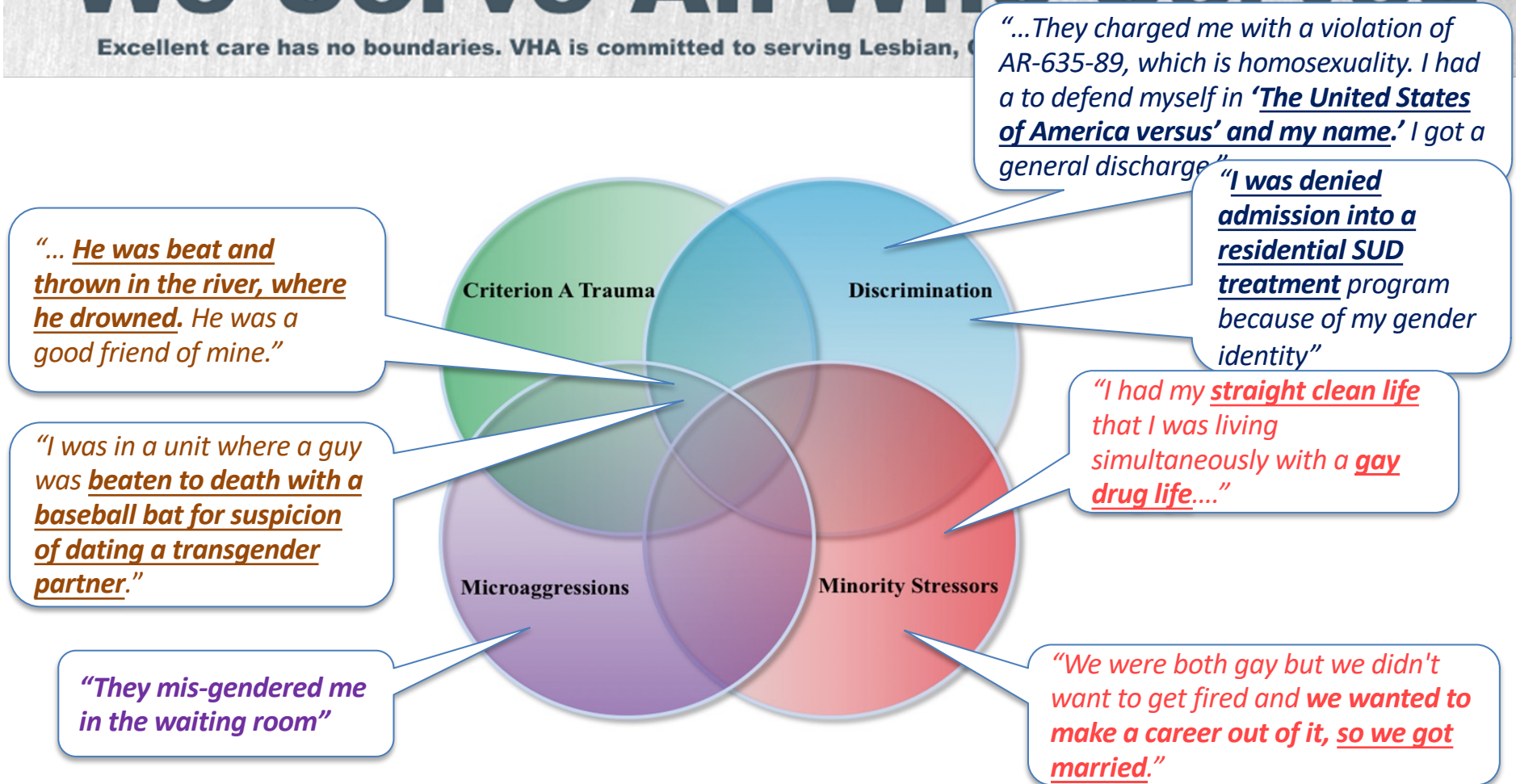
“I had my straight clean life that I was living simultaneously with a gay drug life....”

“They mis-gendered me in the waiting room”

“We were both gay but we didn't want to get fired and we wanted to make a career out of it, so we got married.”

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"I've had people point M16's at me, try to kill me... I was more afraid of my own unit than [the enemy]"

"... He was beat and thrown in the river, where he drowned. He was a good friend of mine."

"I was in a unit where a guy was beaten to death with a baseball bat for suspicion of dating a transgender partner."

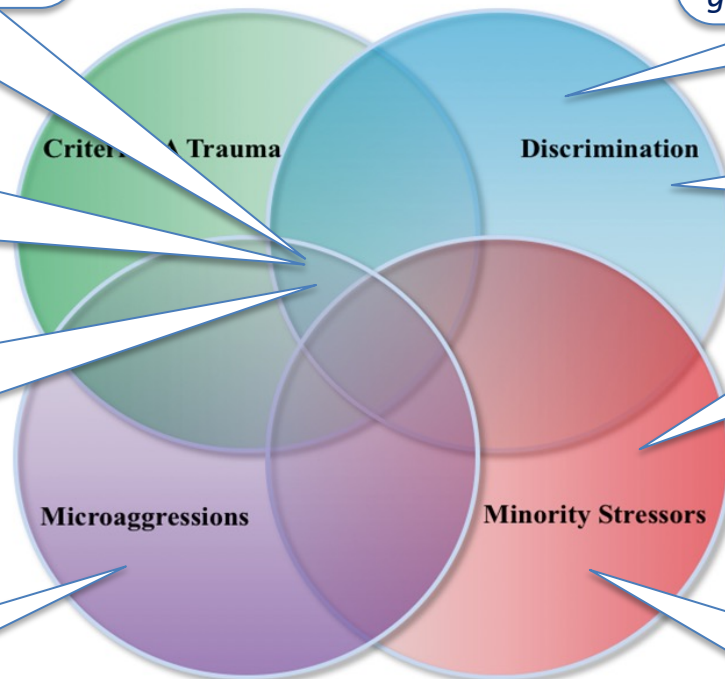
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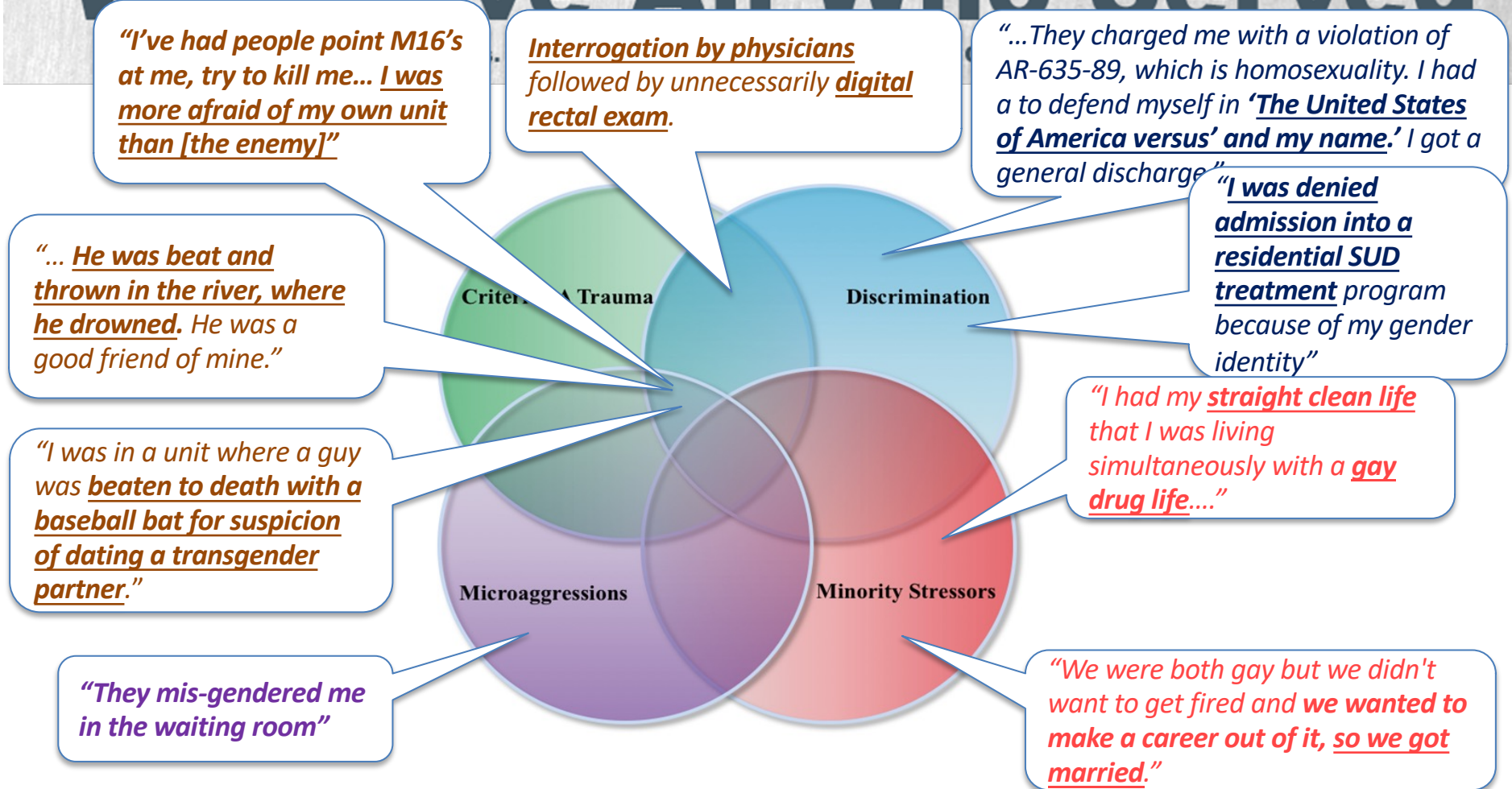
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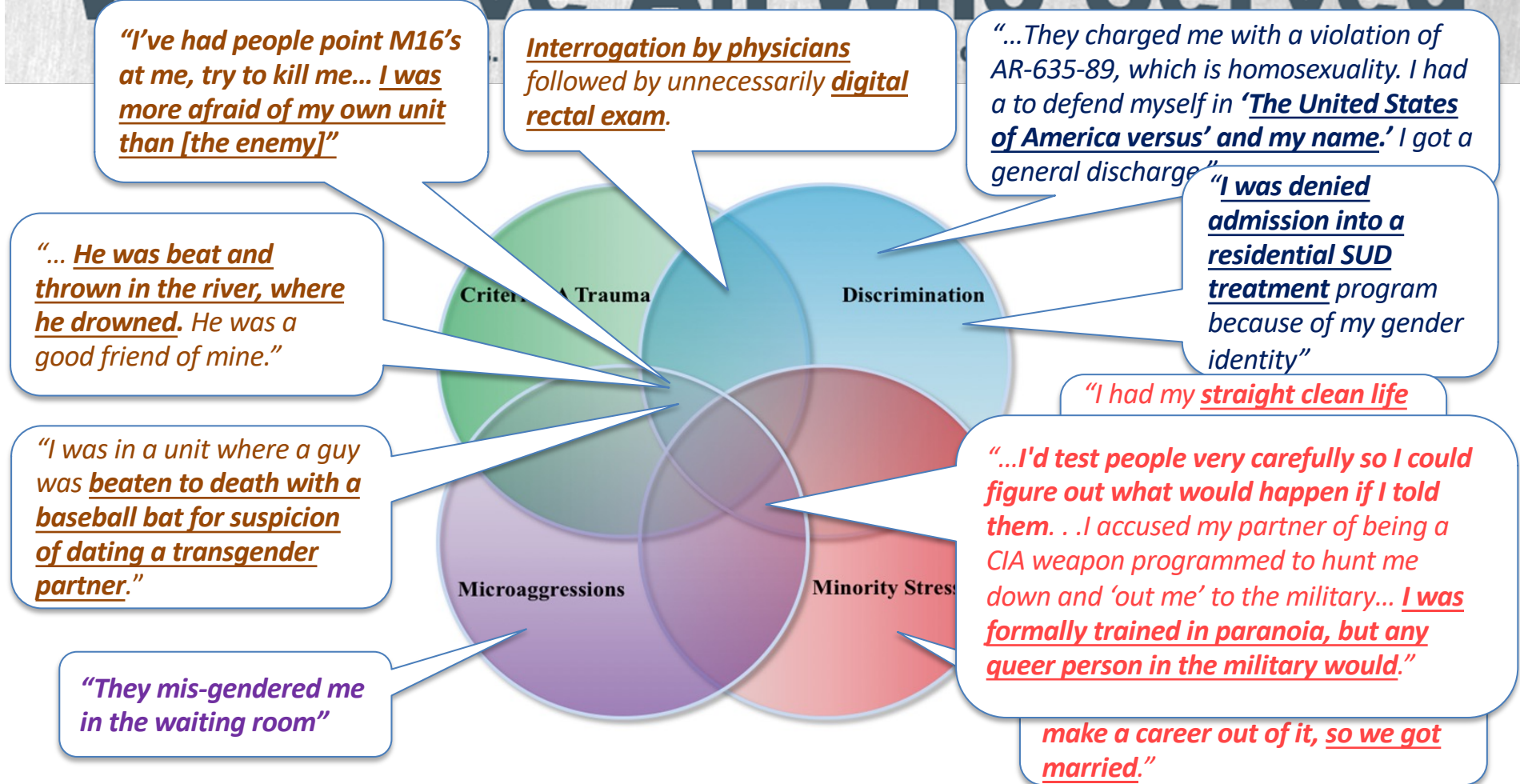
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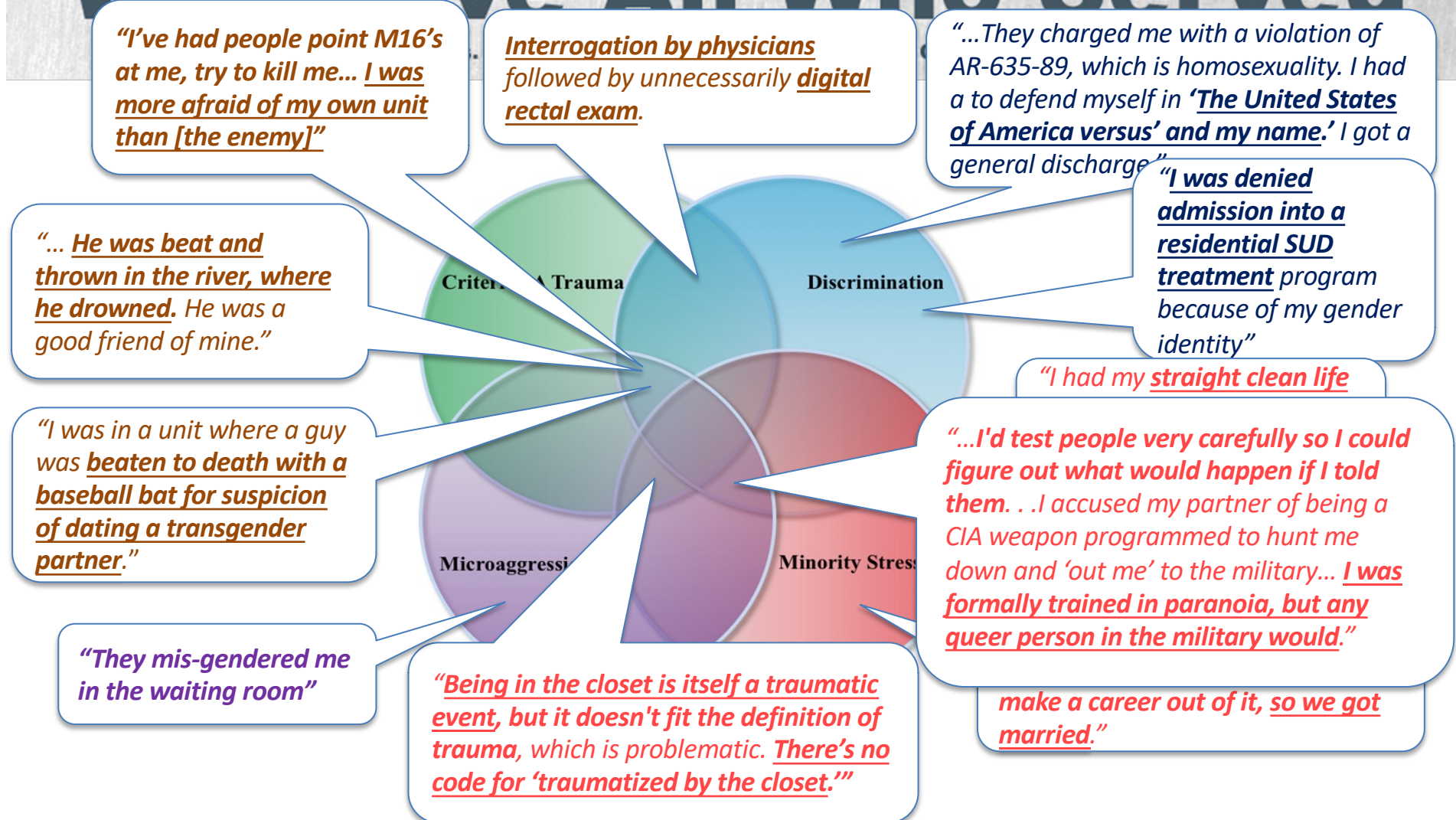
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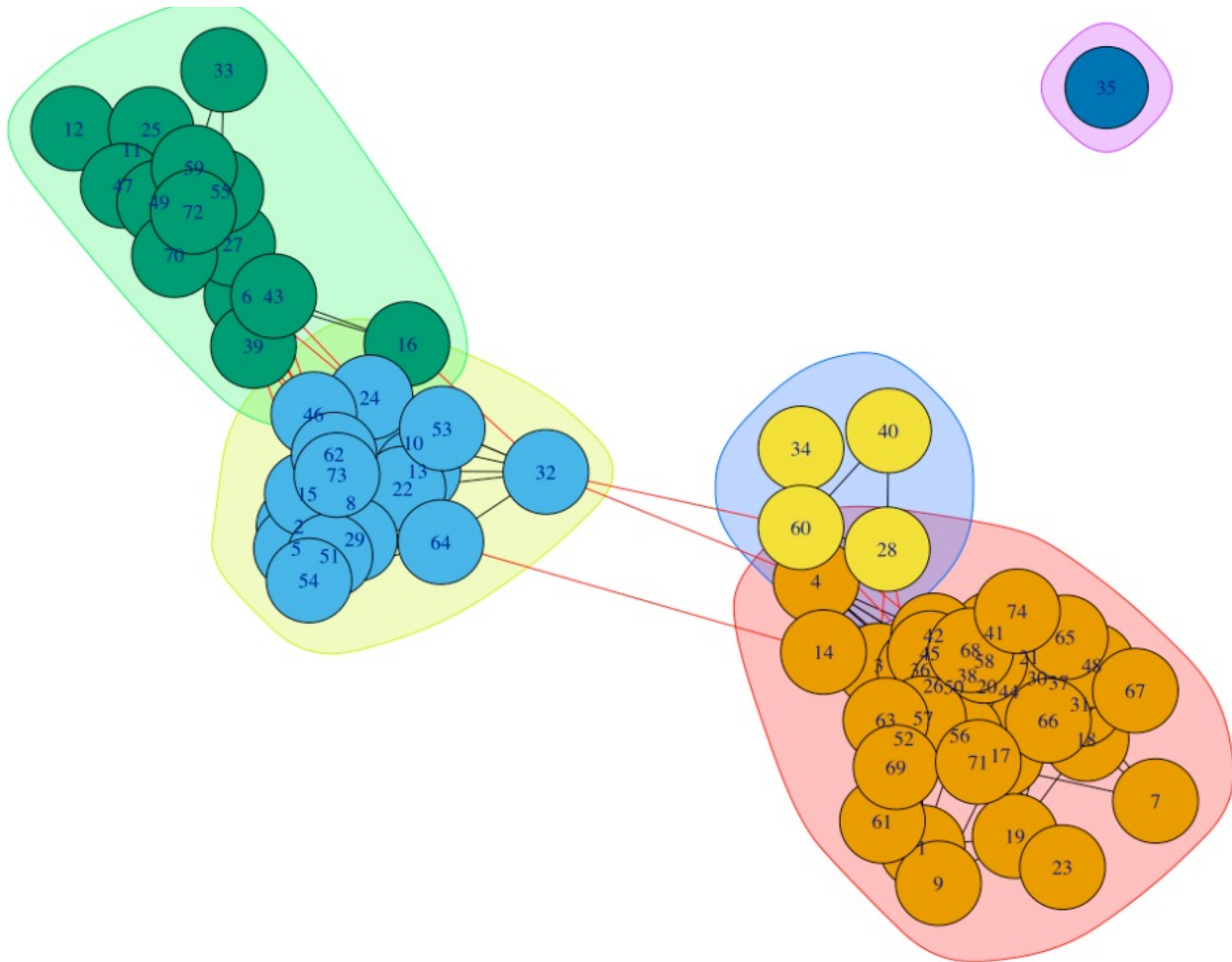


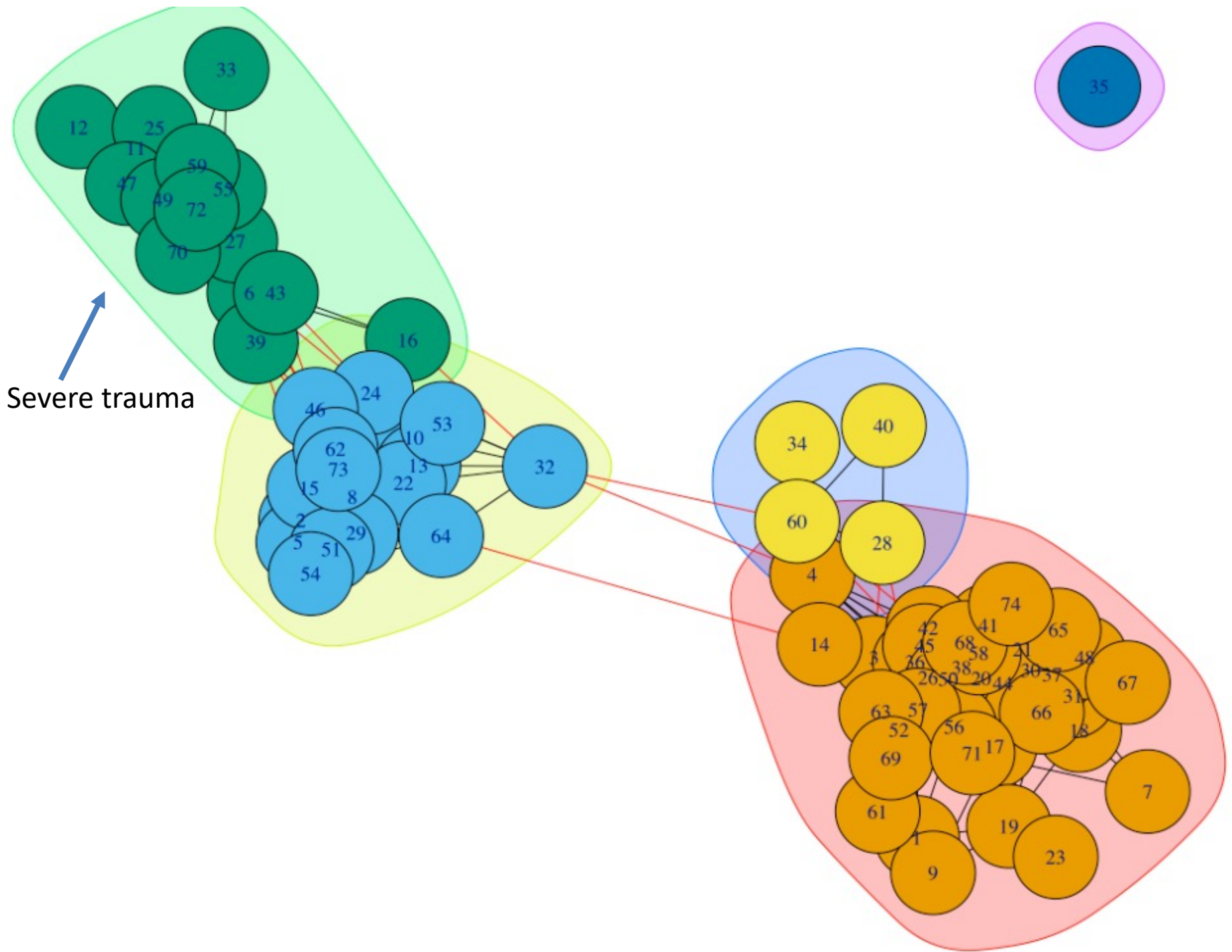
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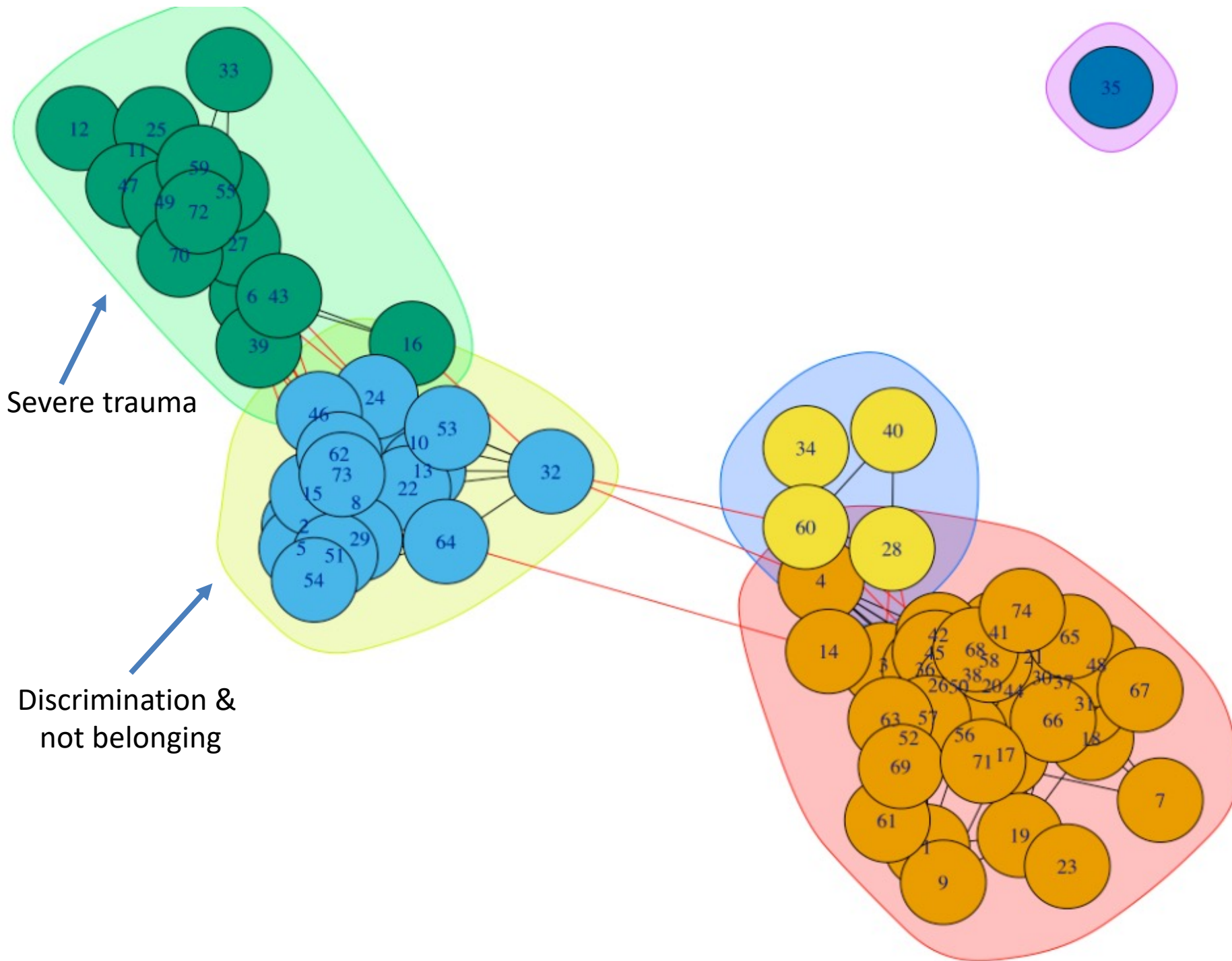


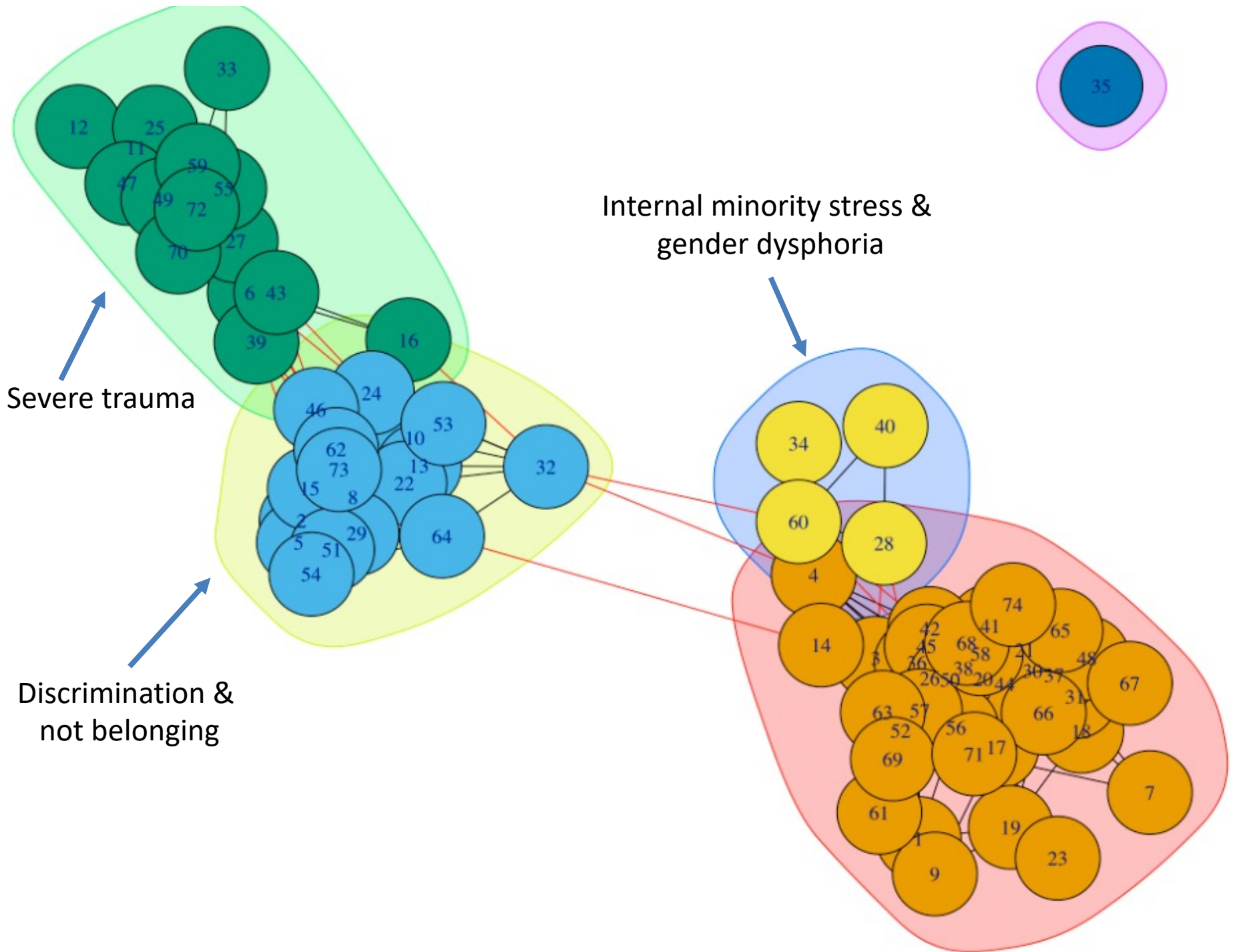
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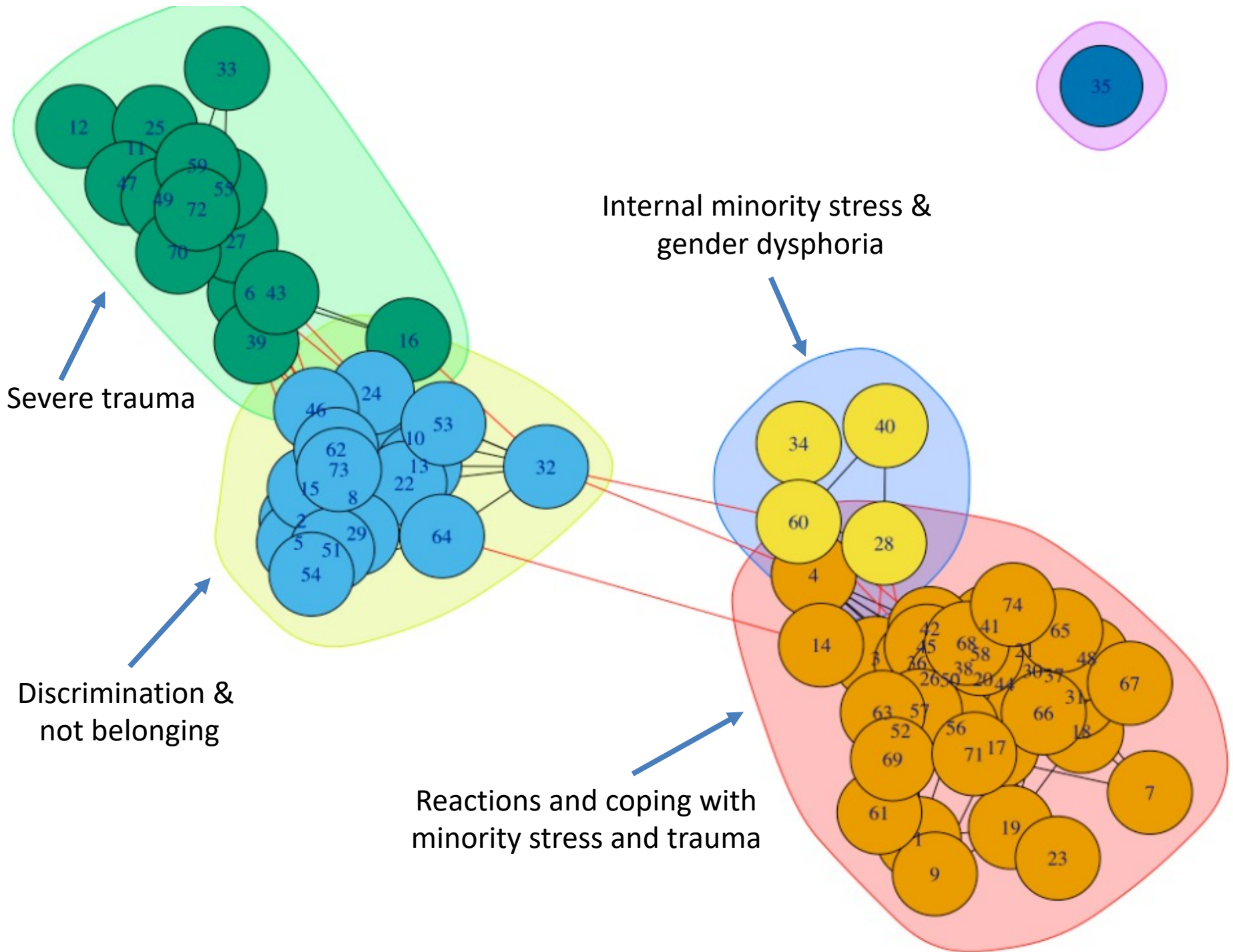


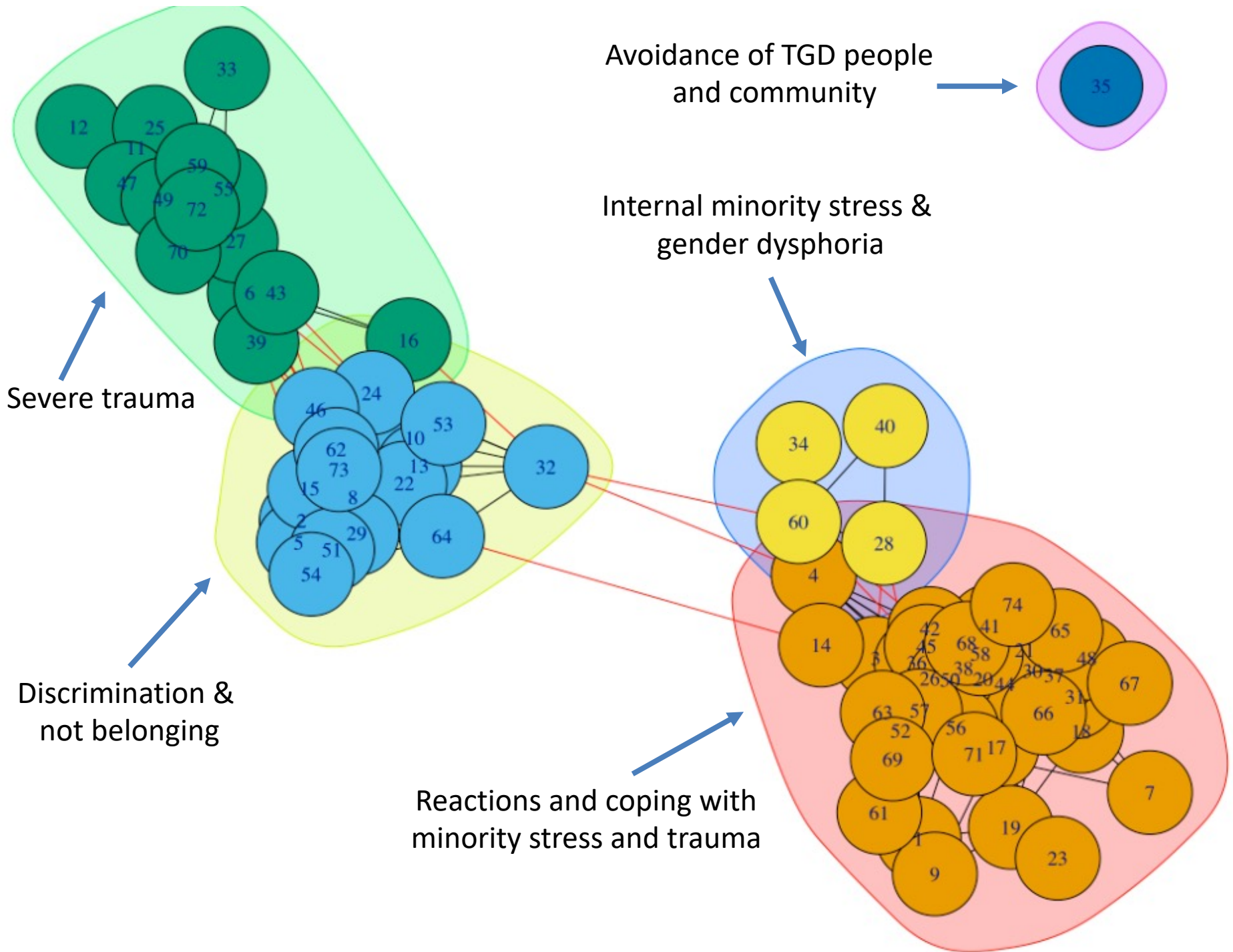


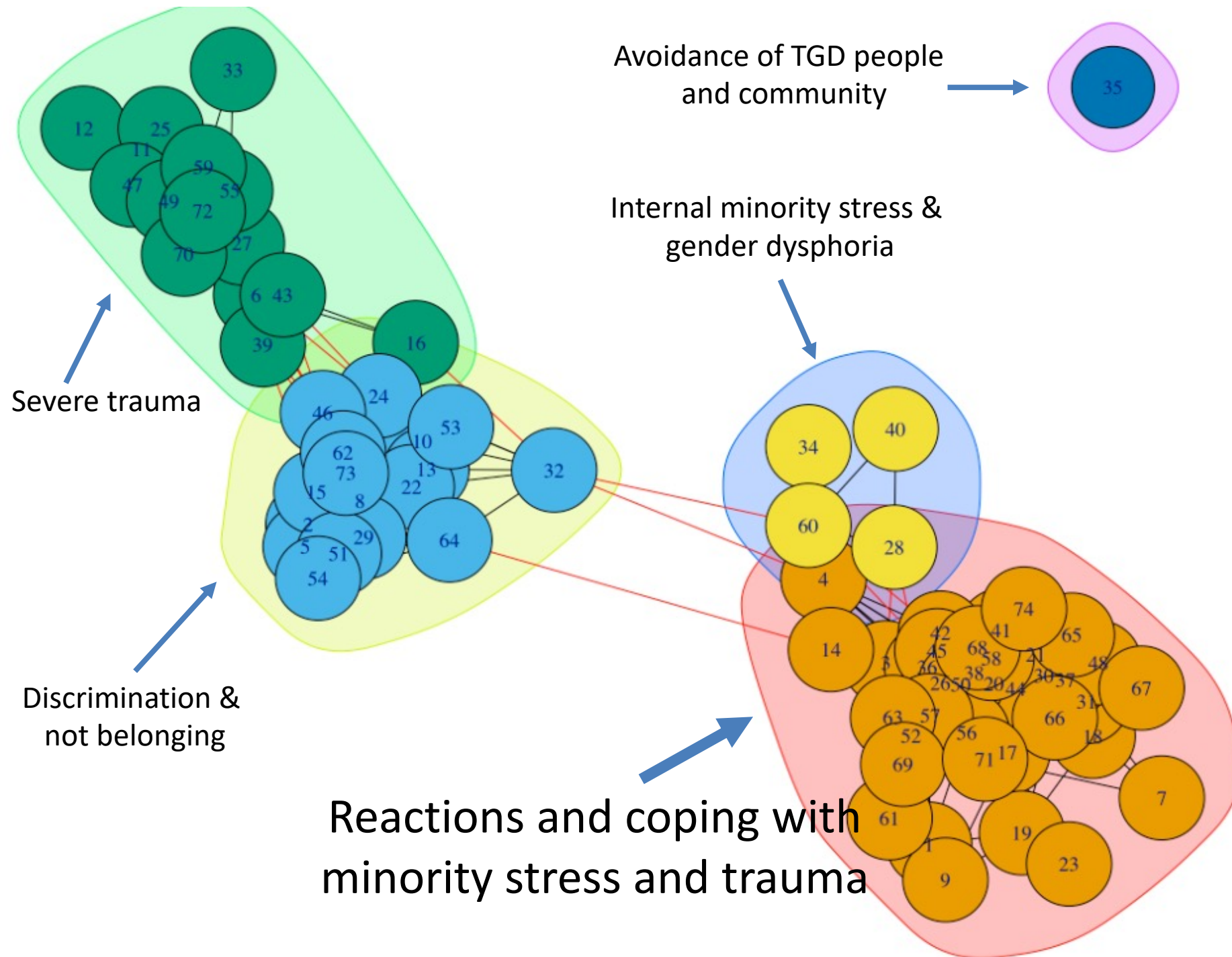


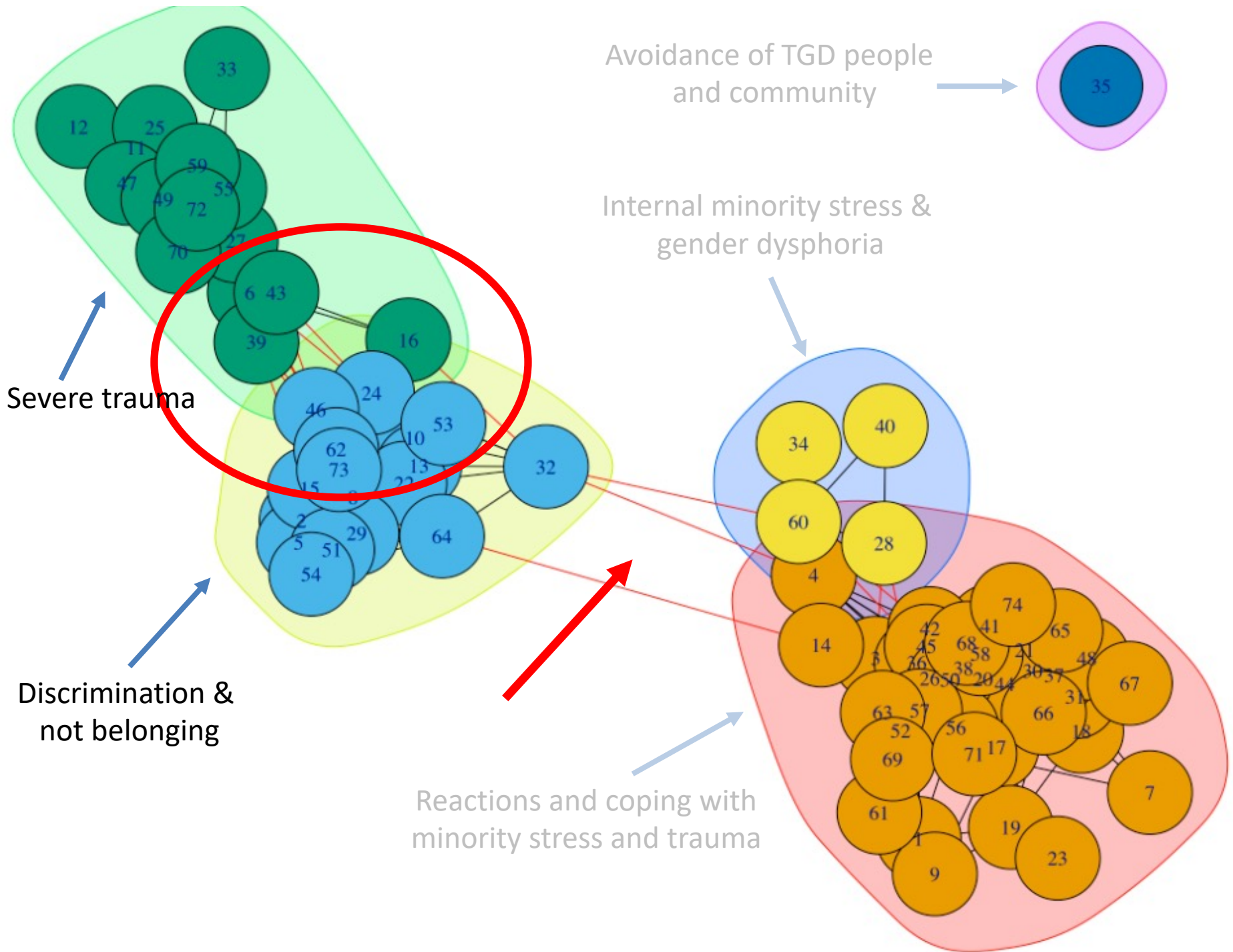


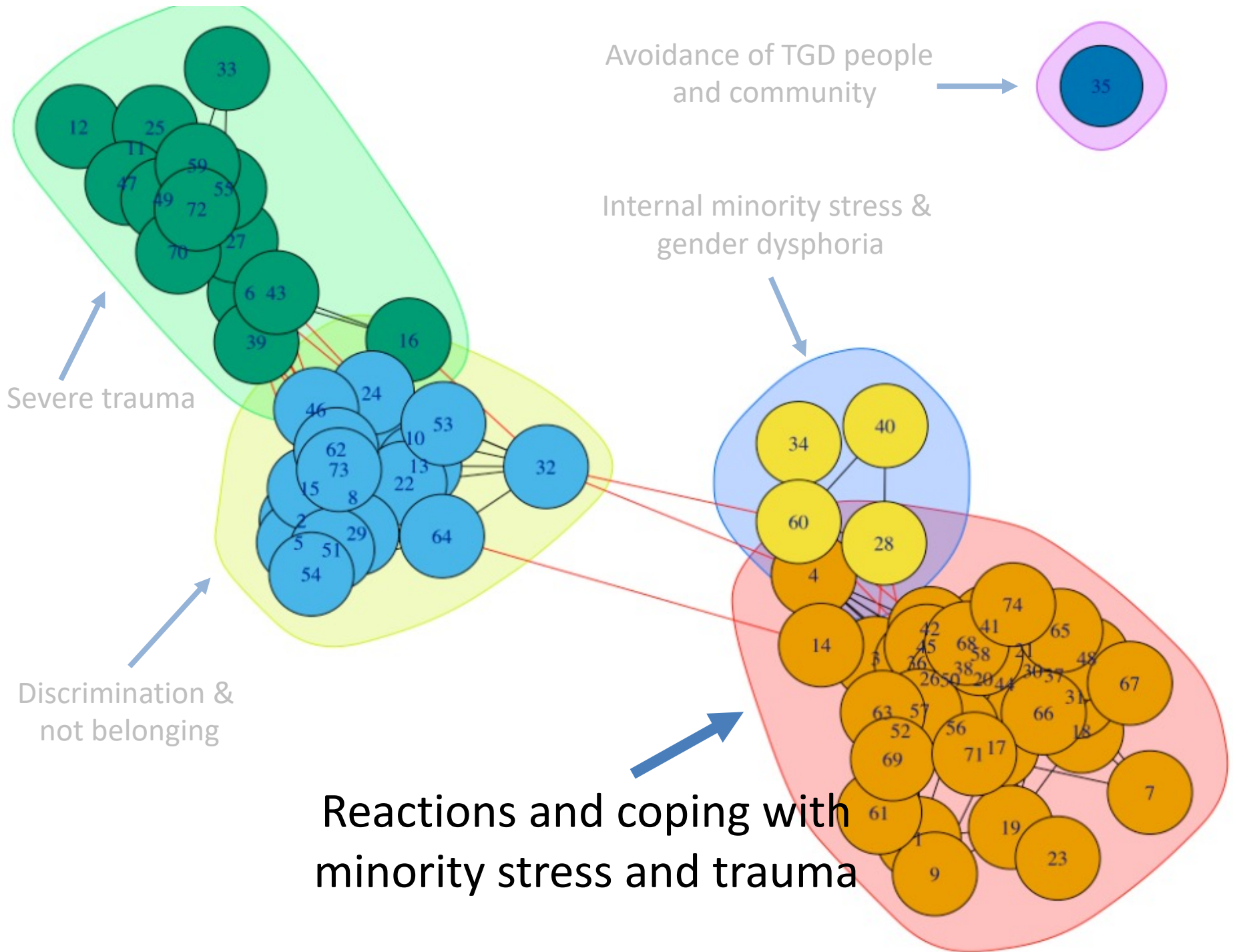












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Distal stressors

Measure	Items	Reference
Everyday Discrimination Scale	9	Williams, D.R., Yu, Y., Jackson, J.S., & Anderson, N.B. (1997). Racial differences in physical and mental health: Socio-economic status, stress and discrimination. <i>Journal of Health Psychology</i> , 2(3), 335-351. doi: 10.1177/135910539700200305
Major Experiences of Discrimination Scale	9	Williams DR, Gonzalez HM, Williams S, Mohammed SA, Moomal H, Stein DJ. Perceived discrimination, race and health in South Africa. <i>Soc Sci Med</i> . 2008;67(3):441-452. doi:10.1016/j.socscimed.2008.03.021
Chronic Work Discrimination and Harassment: Abbreviated	12	Bobo, Lawrence and Susan A. Suh. 2000. Surveying racial discrimination: Analysis from a multiethnic labor market. Pp. 527-564 in <i>Prismatic Metropolis: Inequality in Los Angeles</i> , edited by L. D. Bobo, M. L. Oliver, J. H. Johnson, and A. Valenzuela. New York: Russell Sage Foundation.
Perceptions of Local Stigma Questionnaire (Modified)	7	Herek, G. H., & Glunt, E. K., (1995). Identity and community among gay and bisexual men in the AIDS era: Preliminary findings from the Sacramento Men's Health Study. In Herek G. M., Greene, B. (Eds.), <i>AIDS, Identity, and Community: The HIV Epidemic and Lesbians and Gay Men</i> (pp. 55-84).
Measure of Gay Related Stress	56	Lewis RJ, Derlega VJ, Griffin JL, Krowinski AC. Stressors for gay men and lesbians: Life stress, gay-related stress, stigma consciousness, and depressive symptoms. <i>Journal of Social and Clinical Psychology</i> . 2003;22(6):716-729. doi:10.1521/jscp.22.6.716.22932.
Heterosexist Harassment, Rejection, and Discrimination Scale	14	Szymanski DM. Does Internalized Heterosexism Moderate the Link Between Heterosexist Events and Lesbians' Psychological Distress? <i>Sex Roles: A Journal of Research</i> . 2006;54(3-4):227-234. doi:10.1007/s11199-006-9340-4.
LEGBT People of Color Microaggressions Scale	18	Balsam KF, Molina Y, Beadnell B, Simoni J, Walters K. Measuring multiple minority stress: the LGBT People of Color Microaggressions Scale. <i>Cultur Divers Ethnic Minor Psychol</i> . 2011;17(2):163-174. doi:10.1037/a0023244
Conflict in Allegiances	6	Sarno EL, Mohr JJ, Jackson SD, Fassinger RE. When identities collide: Conflicts in allegiances among LGB people of color. <i>Cultural Diversity and Ethnic Minority Psychology</i> . 2015;21(4):550-559. doi:10.1037/cdp0000026.
Homonegative Microaggressions Scale	45	Wright AJ, Wegner RT. Homonegative microaggressions and their impact on LGB individuals: A measure validity study. <i>Journal of LGBT Issues in Counseling</i> . 2012;6(1):34-54. doi:10.1080/15538605.2012.648578.
Daily Heterosexist Experiences Questionnaire	50	Balsam KF, Beadnell B, Molina Y. The Daily Heterosexist Experiences Questionnaire: Measuring Minority Stress Among Lesbian, Gay, Bisexual, and Transgender Adults. <i>Meas Eval Couns Dev</i> . 2013;46(1):3-25. doi:10.1177/0748175612449743
Gender Minority Stress and Resilience Measure	58	Testa RJ, Habarth J, Peta J, Balsam K, Bockting W. Development of the Gender Minority Stress and Resilience Measure. <i>Psychology of Sexual Orientation and Gender Diversity</i> . 2015;2(1):65-77. doi:10.1037/sgd0000081.
Transgender Adaptation and Integration Measure	15	Sjoberg MD, Walch SE, Stanny CJ. Development and Initial Psychometric Evaluation of the Transgender Adaptation and Integration Measure (TG AIM). <i>International Journal of Transgenderism</i> . 2006;9(2):35-45. doi:10.1300/J485v09n02_05.
Internalized Homophobia Scale	9	Herek, G. M., Gillis, J. R., & Cogan, J. C. (2009). Internalized stigma among sexual minority adults: Insights from a psychological perspective. <i>Journal of Counseling Psychology</i> , 56(1), 32-43. doi: 10.1037/a0014672
Sexual Orientation Concealment Scale	45	Meyer IH, Rossano L, Ellis JM, Bradford J. A brief telephone interview to identify lesbian and bisexual women in random digit dialing sampling. <i>Journal of Sex Research</i> . 2002;39(2):139-144. doi:10.1080/00224490209552133.
Outness Inventory	10	Mohr, J., & Fassinger, R. (2000). Measuring dimensions of lesbian and gay male experience. <i>Measurement and Evaluation in Counseling and Development</i> , 33, 66-90. doi: http://dx.doi.org.weblib.lib.umd.edu:8080/10.1207/s15327752jpa5403&4_7

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Measure	Items	Reference
Everyday Discrimination Scale	9	Williams, D.R., Yu, Y., Jackson, J.S., & Anderson, N.B. (1997). Racial differences in physical and mental health: Socio-economic status, stress and discrimination. <i>Journal of Health Psychology</i> , 2(3), 335-351. doi: 10.1177/135910539700200305
Major Experiences of Discrimination Scale	9	Williams DR, Gonzalez HM, Williams S, Mohammed SA, Moomal H, Stein DJ. Perceived discrimination, race and health in South Africa. <i>Soc Sci Med</i> . 2008;67(3):441-452. doi:10.1016/j.socscimed.2008.03.021
Chronic Work Discrimination and Harassment: Abbreviated	12	Bobo, Lawrence and Susan A. Suh. 2000. Surveying racial discrimination: Analysis from a multiethnic labor market. Pp. 527-564 in <i>Prismatic Metropolis: Inequality in Los Angeles</i> , edited by L. D. Bobo, M. L. Oliver, J. H. Johnson, and A. Valenzuela. New York: Russell Sage Foundation.
Perceptions of Local Stigma Questionnaire (Modified)	7	Herek, G. H., & Glunt, E. K., (1995). Identity and community among gay and bisexual men in the AIDS era: Preliminary findings from the Sacramento Men's Health Study. In Herek G. M., Greene, B. (Eds.), <i>AIDS, Identity, and Community: The HIV Epidemic and Lesbians and Gay Men</i> (pp. 55-84).
Measure of Gay Related Stress	56	Lewis RJ, Derlega VJ, Griffin JL, Krowinski AC. Stressors for gay men and lesbians: Life stress, gay-related stress, stigma consciousness, and depressive symptoms. <i>Journal of Social and Clinical Psychology</i> . 2003;22(6):716-729. doi:10.1521/jscp.22.6.716.22932.
Heterosexist Harassment, Rejection, and Discrimination Scale	14	Szymanski DM. Does Internalized Heterosexism Moderate the Link Between Heterosexist Events and Lesbians' Psychological Distress? <i>Sex Roles: A Journal of Research</i> . 2006;54(3-4):227-234. doi:10.1007/s11199-006-9340-4.
LEGBT People of Color Microaggressions Scale	18	Balsam KF, Molina Y, Beadnell B, Simoni J, Walters K. Measuring multiple minority stress: the LGBT People of Color Microaggressions Scale. <i>Cultur Divers Ethnic Minor Psychol</i> . 2011;17(2):163-174. doi:10.1037/a0023244
Conflict in Allegiances	6	Sarno EL, Mohr JJ, Jackson SD, Fassinger RE. When identities collide: Conflicts in allegiances among LGB people of color. <i>Cultural Diversity and Ethnic Minority Psychology</i> . 2015;21(4):550-559. doi:10.1037/cdp0000026.
Homonegative Microaggressions Scale	45	Wright AJ, Wegner RT. Homonegative microaggressions and their impact on LGB individuals: A measure validity study. <i>Journal of LGBT Issues in Counseling</i> . 2012;6(1):34-54. doi:10.1080/15538605.2012.648578.
Daily Heterosexist Experiences Questionnaire	50	Balsam KF, Beadnell B, Molina Y. The Daily Heterosexist Experiences Questionnaire: Measuring Minority Stress Among Lesbian, Gay, Bisexual, and Transgender Adults. <i>Meas Eval Couns Dev</i> . 2013;46(1):3-25. doi:10.1177/0748175612449743
Gender Minority Stress and Resilience Measure	58	Testa RJ, Habarth J, Peta J, Balsam K, Bockting W. Development of the Gender Minority Stress and Resilience Measure. <i>Psychology of Sexual Orientation and Gender Diversity</i> . 2015;2(1):65-77. doi:10.1037/sgd0000081.
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Internalized Homophobia Scale	9	Herek, G. M., Gillis, J. R., & Cogan, J. C. (2009). Internalized stigma among sexual minority adults: Insights from a psychological perspective. <i>Journal of Counseling Psychology</i> , 56(1), 32-43. doi: 10.1037/a0014672
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Proximal stressors

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Trauma and impacts

Measure	Items	Reference
Life Events Checklist for DSM-5 (LEC-5)	16	Weathers, F. W., Blake, D. D., Schnurr, P. P., Kaloupek, D. G., Marx, B. P., & Keane, T. M. (2013). The Life Events Checklist for DSM-5 (LEC-5). Retrieved from www.ptsd.va.gov
PTSD Symptom Checklist for DSM-5 (PCL-5)	20	Weathers, F. W., Litz, B. T., Keane, T. M., Palmieri, P. A., Marx, B. P., & Schnurr, P. P. (2013). The PTSD Checklist for DSM-5 (PCL-5). Retrieved from http://www.ptsd.va.gov
PTSD Primary Care Screen	5	Prins, A., Bovin, M. J., Smolenski, D.J., Marx, B.P., Kimerling, R., Jenkins-Guarnieri, M.A., Kaloupek, D. G., Schnurr, P.P., Kaiser, A.P. Leyva, Y.E., Tiet, Q.Q. (2016). The Primary Care PTSD Screen for DSM-5 (PC-PTSD-5): Development evaluation within a veteran primary care sample. <i>Journal of General Internal Medicine</i> , 31(10), 1206-1211. doi: 10.1007/s11606-016-3703-5.
The Impact of Events Scale-Revised (IES-R)	15	Weiss, D, Marmar, C. (1997). The Impact of Event Scale—Revised. In J.P. Wilson & T.M. Keane (Eds.), <i>Assessing psychological trauma and PTSD</i> (pp. 399-411). New York: Guilford Press.
PHQ-9	9	Kroenke K, Spitzer RL. The PHQ-9: A new depression diagnostic and severity measure. <i>Psychiatric Annals</i> . 2002;32(9):509-515. doi:10.3928/0048-5713-20020901-06.
Depression, Anxiety and Stress Scale (DASS-21)	21	Antony, M. M., Bieling, P. J., Cox, B. J., Enns, M. W., & Swinson, R. P. (1998). Psychometric properties of the 42-item and 21-item versions of the depression anxiety stress scales in clinical groups and a community sample. <i>Psychological Assessment</i> , 10(2), 176-181. doi: http://dx.doi.org.weblib.lib.umd.edu:8080/10.1037/1040-3590.10.2.176
Center for Epidemiological Studies Depression Scale (CES-D)	20	Lewinsohn, PM., Seeley, JR, Roberts RE., Allen, NB. Center for Epidemiologic Studies Depression Scale (CES-D) as a screening instrument for depression among community-residing older adults. <i>Psychol Aging</i> . 1997 Jun;12(2):277-87.
Generalized Anxiety Disorder Screener (GAD-7)	7	Löwe B, Decker O, Müller S, et al. Validation and standardization of the Generalized Anxiety Disorder Screener (GAD-7) in the general population. <i>Medical Care</i> . 2008;46(3):266-274. doi:10.1097/MLR.0b013e318160d093.
Alcohol Use Disorders Identification Test (AUDIT)	10	Saunders, J. B., Aasland, O. G., Babor, T. F., de la Fuente, J. R., & Grant, M. (1993). Development of the Alcohol Use Disorders Identification Test (AUDIT): WHO collaborative project on early detection of persons with harmful alcohol consumption-II. <i>Addiction</i> , 88, 791-804. doi: http://dx.doi.org.weblib.lib.umd.edu:8080/10.1111/j.1360-0443.1993.tb02093.x
Drug Use Disorders Identification Test (DUDIT)	11	Berman AH, Bergman H, Palmstierna T, Schlyter F. Evaluation of the Drug Use Disorders Identification Test (DUDIT) in Criminal Justice and Detoxification Settings and in a Swedish Population Sample. <i>European Addiction Research</i> . 2005;11(1):22-31. doi:10.1159/000081413.
Drug Abuse Screening Test	28; 10	Skinner, H. A., (1982). The Drug Abuse Screening Test. <i>Addictive Behaviors</i> , 7, 363-371. doi: 10.1016/0306-4603(82)90005-3
Suicidal Behaviors Questionnaire-Revised (SBQ-R)	4	Osman A, Bagge CL, Gutierrez PM, Konick LC, Kopper BA, Barrios FX. The Suicidal Behaviors Questionnaire—Revised (SBQ-R): Validation with clinical and nonclinical samples. <i>Assessment</i> . 2001;8(4):443-454. doi:10.1177/107319110100800409.

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Internalizing

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Life Events Checklist for DSM-5 (LEC-5)	16	Weathers, F. W., Blake, D. D., Schnurr, P. P., Kaloupek, D. G., Marx, B. P., & Keane, T. M. (2013). The Life Events Checklist for DSM-5 (LEC-5). Retrieved from www.ptsd.va.gov
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Drug Abuse Screening Test	28; 10	Skinner, H. A., (1982). The Drug Abuse Screening Test. <i>Addictive Behaviors</i> , 7, 363-371. doi: 10.1016/0306-4603(82)90005-3
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Behaviors or externalizing

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– Evidence-based PTSD treatments

- “Strongly Recommended”
 - Cognitive Processing Therapy (CPT)
 - Prolonged Exposure (PE)
- “Suggested”
 - Eye-Movement Desensitization and Reprocessing therapy (EMDR)
 - Narrative Exposure Therapy

American Psychological Association, 2017; Pineles, Shipherd, Welch, & Yovel, 2007; Pineles, Shipherd, Mostoufi, Abramovitz, & Yovel, 2009; Wisco, Pineles, Shipherd, & Marx, 2013; Pohar & Argaez, 2017; Walser & Westrup, 2007



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– Past vs. ongoing threat

- Intrusions
- Avoidance
- Negative alterations, cognition and mood
- Hyperarousal

American Psychological Association, 2017; Pineles, Shipherd, Welch, & Yovel, 2007; Pineles, Shipherd, Mostoufi, Abramovitz, & Yovel, 2009; Wisco, Pineles, Shipherd, & Marx, 2013; Pohar & Argaez, 2017; Walser & Westrup, 2007

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SGM Identity and
Expression

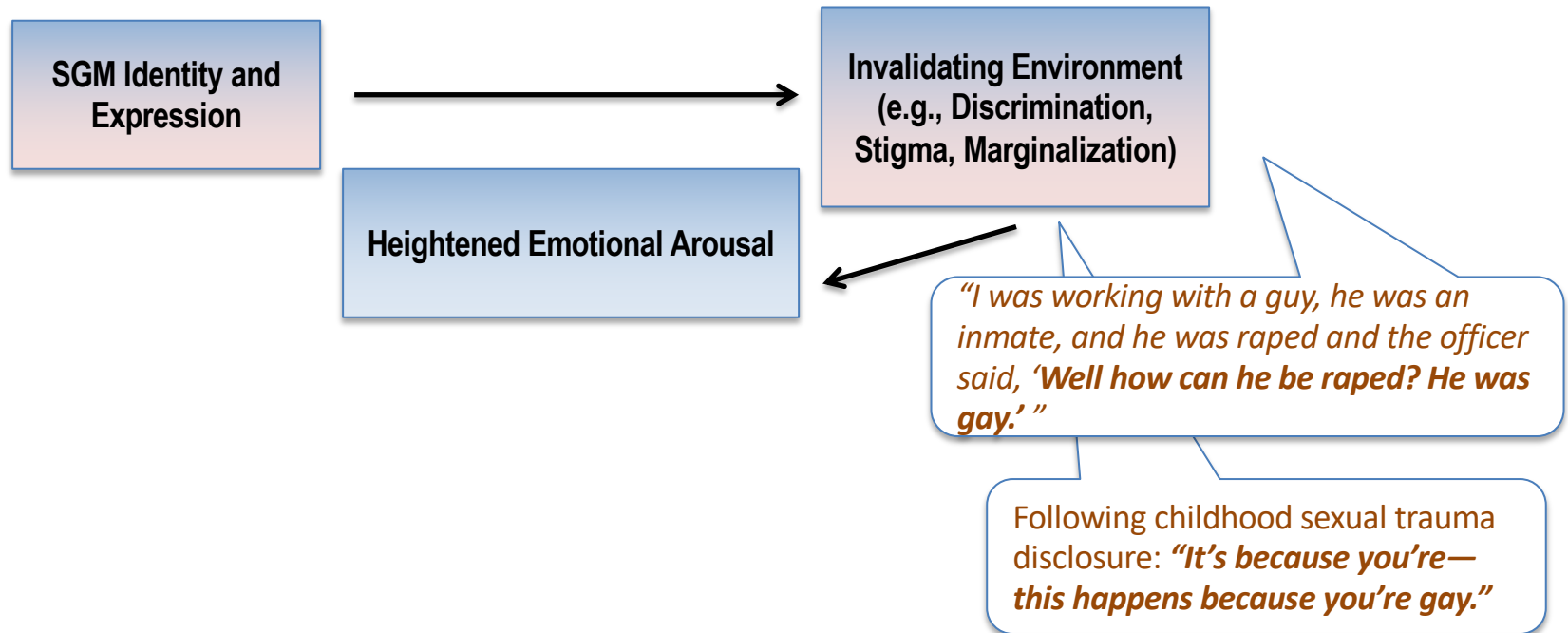


Invalidating Environment
(e.g., Discrimination,
Stigma, Marginalization)

Sloan & Berke, 2018; Berke, Sloan, & Shipherd, 2017;
Shipherd, Berke, & Livingston, 2019

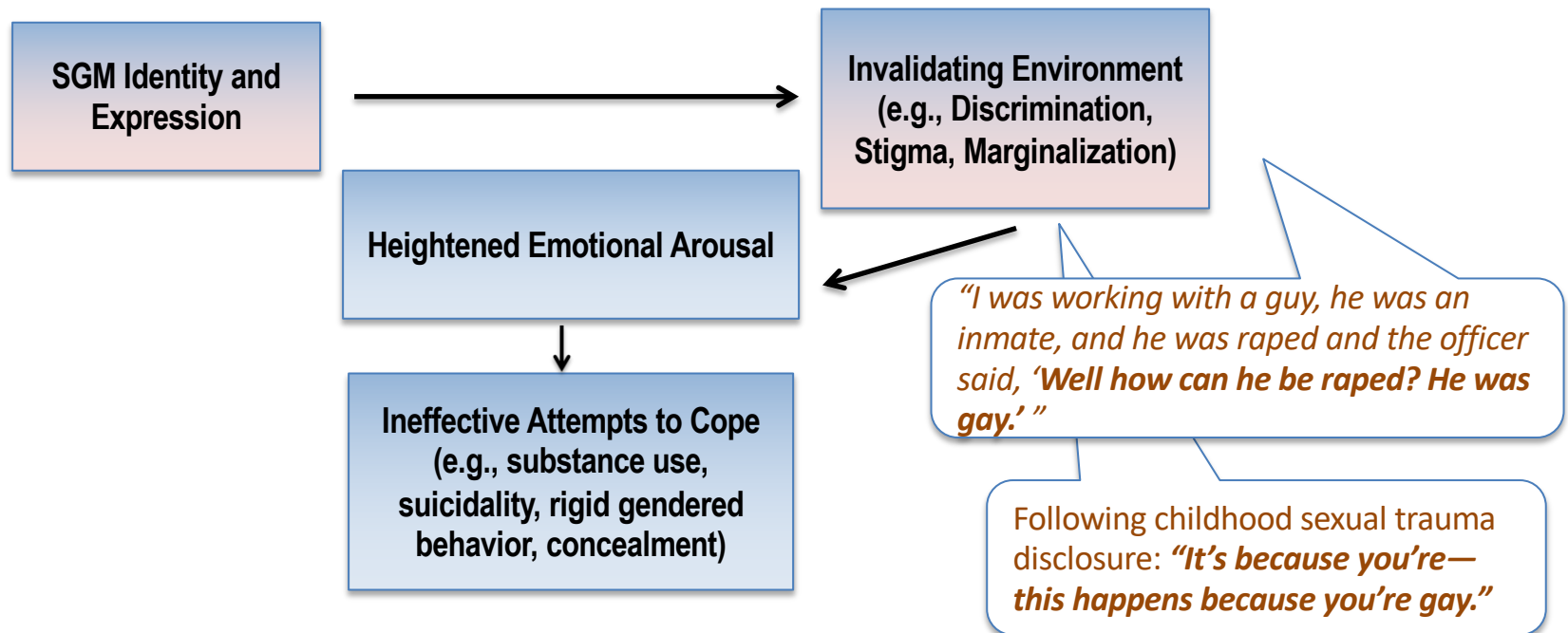
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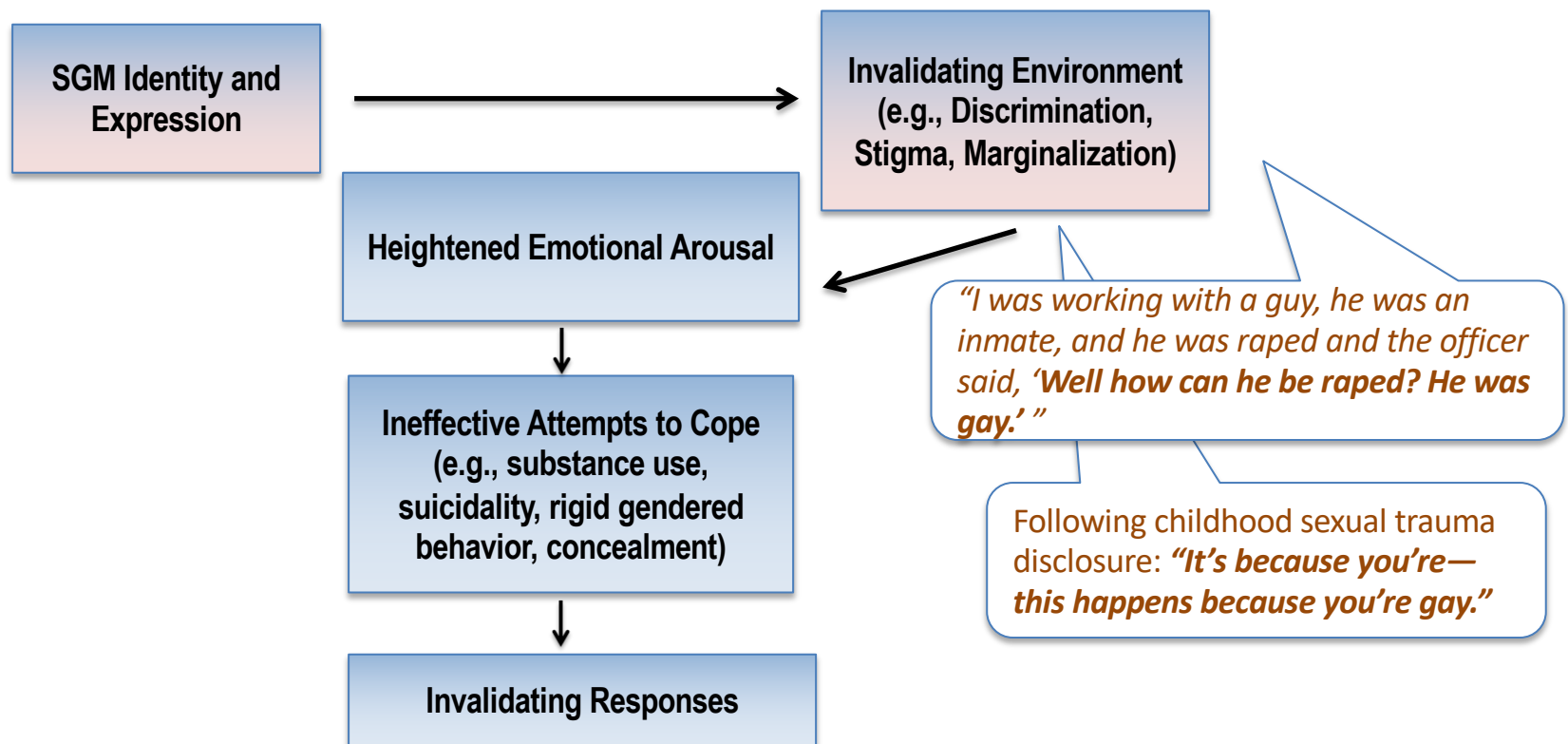
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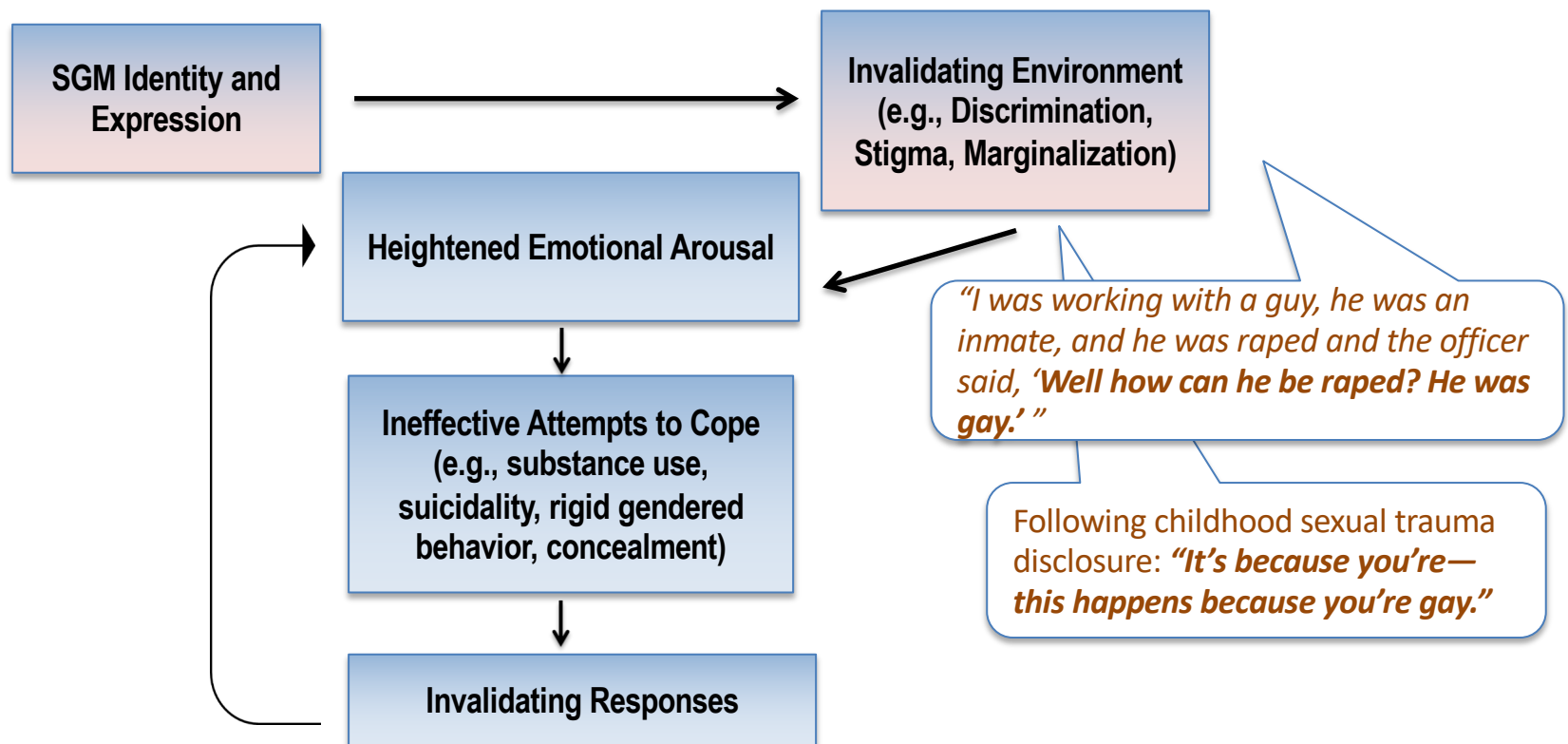
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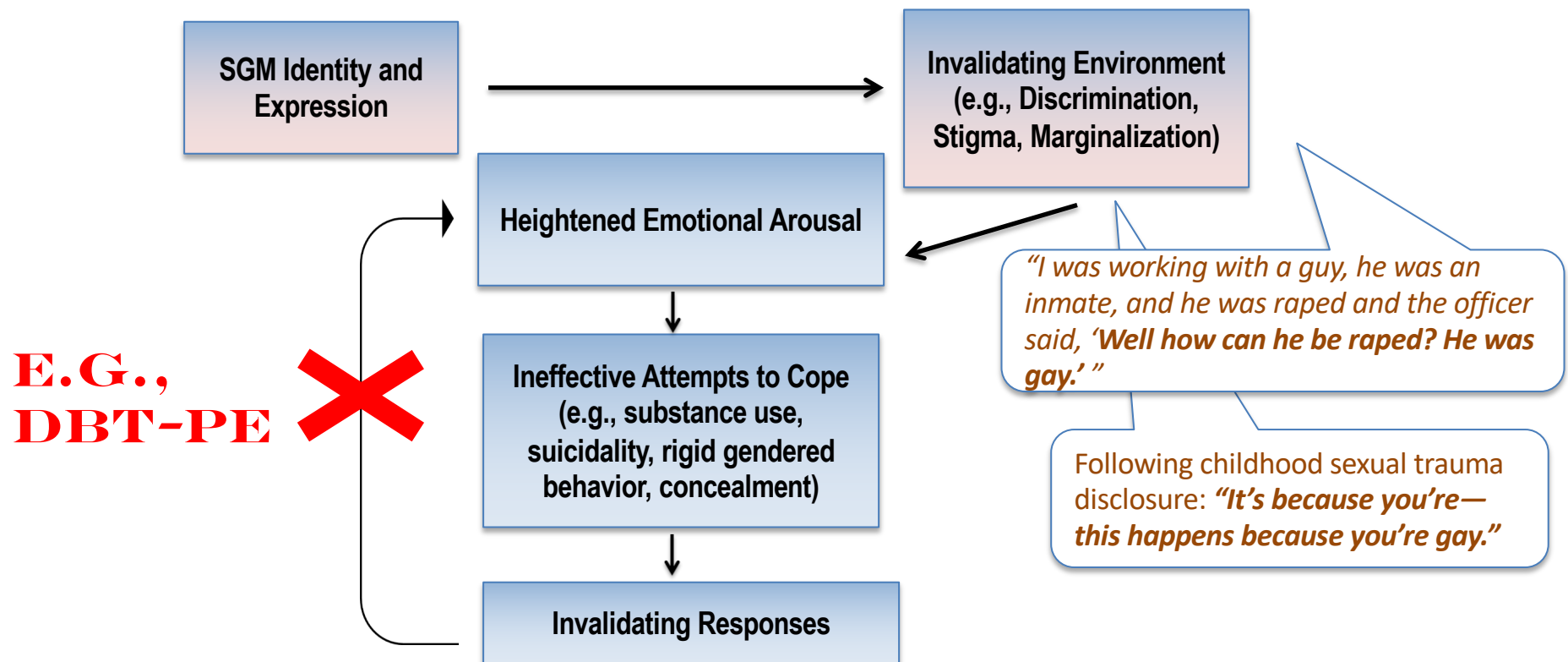
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Thank you!

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